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Field Hockey, 1925-1926

Several changes in the rules were voted upon at the Joint Committee meeting representing the U.S.F.H.A. and the A.P.E.A., November, 1925. This is the second year in which a joint meeting has been held following discussion in the committees separately, and as this meeting has proved to be very satisfactory it will probably become an annual affair. Most of the changes made in 1925 are merely modifications in wording to avoid ambiguity and to interpret customs which are already in use in many places.

It was felt that the length of halves as indicated is too long for tournament play where the players are in a game every day, and so it has been suggested that time of halves for tournament play be 30 minutes instead of 35.

While there has been no authority for an umpire on one half of the field to call any fouls seen on the other half of the field, it has been the custom in many places, in order to have better refereeing, for the umpires to agree to call fouls seen along the side where she is taking the decision for the roll-in, such fouls often being invisible to the umpire on the other side of the field. In order to make such an agreement legal the statement "and shall call fouls in the same territory when in her opinion they have not been visible to the other umpire" has been added to Rule 4.

A change has been made in the rule covering a bully in the circle. It was felt that it is too big a disadvantage to the defending team to have a bully as near as three yards to the goal line, so the rule has been changed so that no bully, except a penalty bully, will be nearer the goal line than five yards.

There has been much discussion as to what constitutes "under cutting" and it is also believed that that is not the only kind of hitting which is dangerous. In order to reduce as much as possible "dangerous hitting" of all kinds and to give authority to umpires who believe such hitting should be penalized, the rule now reads: "Shall not undercut the ball or hit the ball in any other dangerous manner." An explanation of the meaning of this will be found in the notes on Rule 18.

Some people have thought of the stick as being "part of the body" in the interpretation of another section of Rule 18. In order to make clear that this rule is not intended to limit the legitimate use of the stick in playing the ball, the wording of this rule was slightly changed.

An interesting change was made in the constitution of the U.S.F.H.A. at the annual meeting, November, 1925. It involves the status of those who may become active members and will add considerable impetus to those clubs in isolated small communities which can not find two other clubs to form a local association. Any club playing a minimum of four matches per season with outside teams may, upon application, become an active member of the association.

The great event of last season was the tour of the Irish team, an account of which will be found elsewhere. The most interesting thing that will develop this autumn will be the proposed launching of an intersectional tournament which will take place late in the fall at Baltimore, Md. The annual intercity tournament will take place in Philadelphia at Thanksgiving time.

The Ground and Outfit

The dimensions of the regulation hockey field are 100 yards in length by 50 yards.* This space must be marked out with lime lines. Care must be taken that the angles are right angles. The longer lines are called the "side lines" and the shorter ones the "goal lines."

Across the ground, 50 yards from each goal line, is marked the "center line," with a cross in the center. Each half of the ground is again divided by a line called the "25-yard line."

Five yards inside each side line is marked a line, parallel with the side line; this is called the "5-yard line."

In the center of the goal line and four yards apart are placed the goal posts; these are uprights 7 feet high, with a horizontal bar stretching from one to the other.

In front of each goal and 15 yards from it is drawn a line 4 yards long, parallel to the goal line. The ends of this line are carried round in a curve, forming a quarter circle with the goal posts as center until they reach the goal line at a point 15 yards from the nearest goal post; this flattened semi-circle is called the "striking circle."

Should a full-sized ground not be possible, use as much space as is available and alter the proportions of the dimensions; *e. g.,* if the full width is possible but the field is only 80 yards in length, make a field 80 by 50; or if, on the other hand, it is 100 yards in length and only 45 yards in width, make the field 100 by 45. In all cases keep the striking circle the regulation size, *i.e.,* 15 yards radius, and have the 25-yard lines, 25 yards from the goal lines.

The field must be a level, smooth stretch of turf, kept short and well rolled. The better the condition of the

*See diagram of field in Rules section.

ground, the greater can be the accuracy and skill of play. If space in the school or in the country club is not available, cricket, base ball or foot ball fields may often be had for one or two days a week during the hockey season. In New York City the schools play hockey in the public parks, on fairly secluded lots set apart for their use especially. When no better is available, an ordinary flat field or lot if rolled and looked after a little will answer the purpose in the beginning, and then when the game is well started and the players reach the stage of skilful play, an enthusiastic club will have less difficulty in procuring a suitable field for the next season.

The Stick.—A good stick is of greatest importance. Sticks should weigh from 18 to 20 ounces. The most useful weight for a beginner is 18 or 19 ounces; with this she can play in any place on the field. The average length is about 3 feet 2 inches. But in this, as in the weight, each individual is the best judge as to which suits her particular mode of play, and which, while long enough to prevent stooping, is not so high as to impede easy and free wrist play.

The sticks are made of ash or hickory, or the better kind with ash blades and cane handles. The cane handle gives a spring to the stick which sends a clean driving hit without any jar to the hands.

The best modern sticks are made with "bulger heads." This thick head gives greater accuracy to the aim and a better control over the ball in hitting.

The best way to care for a stick in our American heated houses and dry climate is as follows: Keep it if possible in a cool, damp place (porch or fruit cellar.) About every two weeks during the hockey season, rub in well with the

fingers a light oil—3-in-1, olive oil or raw linseed oil. Let it stand all night and wipe off in the morning. At the first sign of a crack, wrap with tire tape, or, better, with adhesive tape, using as little as possible, as it does not take much to change the weight and balance of your stick. At the end of the season give a thorough rubbing with oil, wrap in cloths soaked in oil and put away in coolest, dampest place possible.

Ice hockey sticks are no good for field hockey and should never be used, especially not by beginners, as the correct strokes cannot be learned with these sticks.

Left-handed sticks are not allowed.

The Balls.—The ball is a regulation leather cricket ball painted white. Each team should have two or three balls so that a newly painted ball is used at each practice. For match games a newly painted ball must be used for each half.

The Goal.—It is now the general custom on hockey fields to have nets or chicken wire affixed to the back of the goal posts. Though not an actual necessity, they are a great convenience. In the case of a hard shot it is sometimes difficult for the Umpire to decide whether the ball had gone through the goal or at the side of it. With nets properly fixed this point cannot arise. If the ball passes between the goal posts it will be stopped inside the net and disputes between awarding "a goal" or "25-yard bully" are rendered impossible. Although chicken wire cages are much used, the heavy tarred nets made for hockey goals are preferable and should be used wherever possible.

It should also be remembered that the goal proper should be painted white, and that all the posts and netting behind it should be as inconspicuous and dark colored as possible.

Shoes and Shinguards.—Shinguards with ankle protection should be worn by everybody in spite of the fact that they feel clumsy for the first day or two. Sneakers are the favorite shoes for most players, but should have raised bars or knobs on the soles to prevent slipping. Spikes or projecting nails are not allowed. Everyone blessed with strong ankles should insist on the greater freedom which low shoes give. For the goalkeepers the question is a difficult one. As they use their feet so much to stop and kick the ball, they should use heavy boots and the larger cricket shinguards which give protection even over the knee. One last word to the goalkeepers: When the weather begins to grow cold, they should wear heavy sweaters and gloves, so that when their goal is attacked they may not be hampered by being stiff and numb with cold.

The Game—Positions of the Players

Field Hockey is played by twenty-two players, eleven on each side. Each eleven consists of five "Forwards," three "Half-backs," two "Full-backs" and one "Goalkeeper."

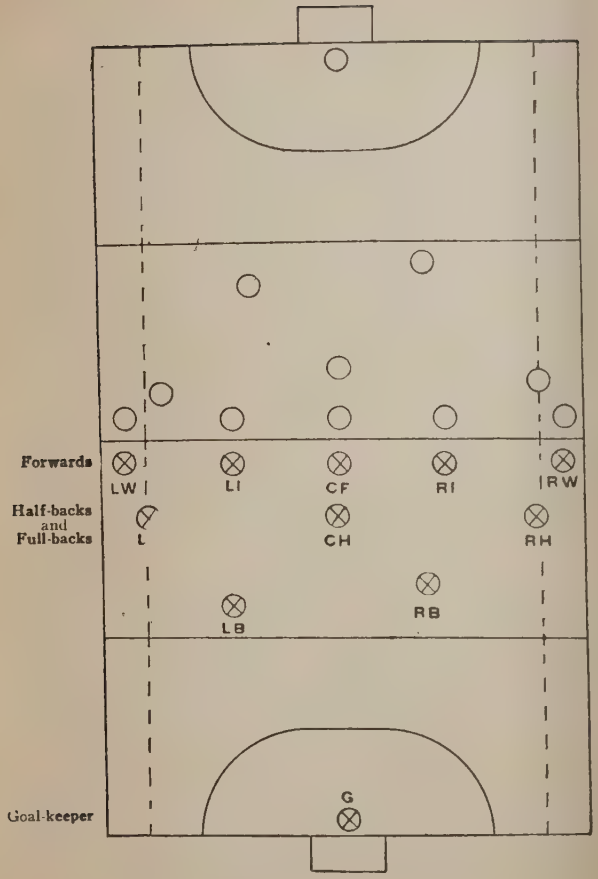
At the start of the game and after half time, each team lines up on its own half of the field facing its opponents' goal in the following positions: Close to the center line stand the five Forwards; in the center the Center Forward (C.F.); on her right stands the Inside Right (I.R.); between the 5-yard line and the side line stands the Right Wing (R.W.); on the left of the Center Forward stands the Inside Left (I.L.) and the Left Wing (L.W.).

About five yards behind the forward line stand the Half-backs; the Center Half (C.H.) stands directly behind the Center Forward, the Right Half stands behind the Right Wing and the Left Half in a similar position on the other side. Slightly behind the line of Half-backs stand the Full-backs—Right (R.B.) behind Right Inside and Left (L.B.) behind Left Inside; three feet in front of the goal stands the Goalkeeper.

The Referee places the ball in the center of the field and the game is started by the two center forwards "bullying"; each center forward stands squarely facing the side lines, her left shoulder towards her opponents' goal; each then taps the ground with her stick on her own side of the center line and then her opponents' stick over the ball three times, after which either center may strike the ball.

During the "bully" the center half and the inside forwards close in a little around the bully, each being ready to take the ball should it come her way.

Let us suppose a "Green" and a "Brown" team are playing together and the Green center forward strikes at

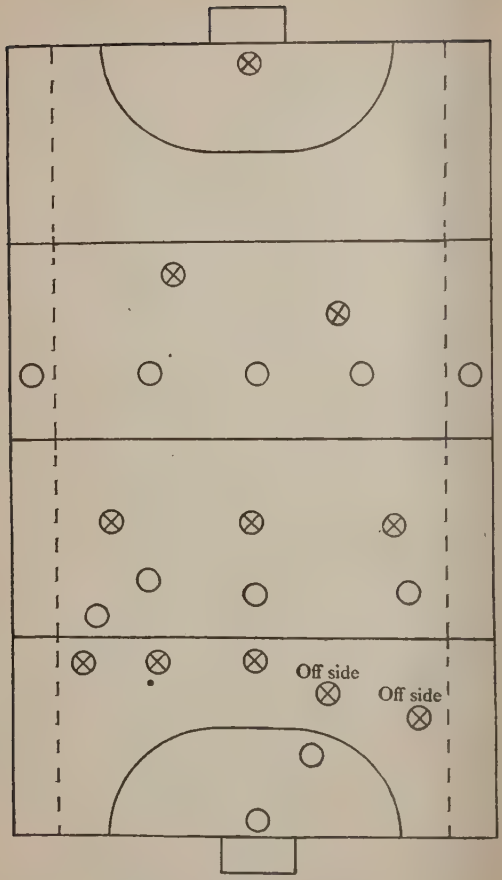


POSITIONS OF PLAYERS

the ball first; she may send it towards and a little ahead of her left inside, who runs forward to get it; simultaneously all the Green forwards run forward crossing past the Brown forwards and keeping in the line with the Green inside forward, who now "dribbles" the ball, *i. e.*, takes it down the field with a succession of short hits (like rolling a hoop, keeping the ball always within reach of her stick). But now the Green inside forward finds an opponent advancing to meet her and trying to rob her of the ball.

The Green inside forward will now quickly pass the ball to her wing or back to her center, or perhaps across the field to the right wing, who will try to get a long dribble down the field past the opposing half-back, and so, by passing the ball back and forth to each other and dribbling when not guarded, the Green team manages to get the ball into their opponents' striking circle, and when once the ball is within the circle a goal may be scored. So the Green forwards bend their energies to shooting the ball between the posts, while the Brown halves and backs each guarding her own opponent, do their best to prevent a shot at goal; and the goalkeeper is on the alert to stop the shot some successful forward has been able to make. If the goalkeeper stops the shot, she will then clear the ball out of the circle, and her backs and halves who have come back to the circle trying to regain the ball from the Green forwards, should then pass it on to their own forwards, who have followed the play down the field as far as the 25-yard line and are anxiously waiting for the lucky pass which will put them in possession of the ball, so that they in turn may have a chance to get it down to the other end of the field.

Of course in practice this easy progress of the Green team down the field to the circle is possible only in a description on paper, for in an actual game many will be the



Showing "Off-side." Rule 18.

checks and counter checks, and the passing and repassing of the ball from the Greens to the Browns, before the circle can be gained and a goal scored; but from this brief description the general plan of the game can be gathered.

In coaching beginners too much emphasis cannot be placed on the fact that each player must play in her place—and in that place only—and that the ball must be cleanly hit from one player to another of her own team, so that there is no useless running after a badly placed ball. Beginners who are allowed by a poor coach to hit the ball anyhow and anywhere and to rush about the field wildly, develop habits that no amount of playing later with a good team is able to eradicate.

One of the first lessons in hockey is that it is a game of endurance and conservation of energy and control. The player who has been allowed to dash down the field with no control over her movement so that she is unable to stop, turn, dribble, pass, or shoot as easily as though she were standing still is of little value to a team. Energy must be conserved by making full use of team play; that is, "combination."

If in coaching it is impossible to get a whole hour for practice, a large proportion of the period should be spent on the practice of passes and plays, even though the game has to be stopped far oftener than the time given to it seems to warrant. Most girls do not know how to conserve their energy or how to work hard without "letting themselves go." Coaches must realize that in hockey the mental and physical demands are great and that players can only be brought up to the point of playing match games by much practice in endurance and control.

Positions on the Field

It has been seen that the work of the "forwards" is to attack the enemy's goal and to leave the defending play to their halves and backs. When the ball has passed through their line they must not go back into the line of their half-backs for it, but, keeping at a convenient distance, wait, on the qui vive, to receive a pass from their halves should the enemy be robbed of the ball—and on taking the pass, then instantly dash down the field.

Brisk play and quick determination at this point is everything. Forwards wanting in "dash" give the enemy time to re-collect their defense. A careless position of the body while waiting for the pass loses time in getting away with the ball, and often results in the player "turning on the ball" or "making a back-handed stop or stroke" and so giving a free hit. As a general maxim, the left shoulder should be toward the opponents' goal and the pass be watched for over the right shoulder, the stick held ready to seize the ball the instant it is through the enemy's line.

When taking the ball down the field to the opponents' goal, all the forwards should be slightly behind the one who has the ball, watching for passes. On nearing the circle especially must the line keep this formation to prevent any breach of Rule 18 regarding off-side.

Center Forward is the most responsible position, she being the pivot round which the other forwards work. Selfishness must be unknown to her, for to keep the game open she must ever pass the ball out to the wing. After reaching the 25-yard line her passing should, as a rule, be to the inside players, so as to keep the ball well in front of the goal; but, should a wing be unmarked by the de-

fense, a harder pass may result in a good goal. Though not of necessity a quick runner, she must be quick and clever with her stick and at grasping the positions of her own players and her opponents. Finally, she must be able to "shoot a goal," not an easy art, the impulse being to aim at the goalkeeper. Only practice enables one to see openings and shoot for them.

Inside Left and Right.—The inside players act as a pivot between the center and wings. Their play to be useful must be quick and they must be able to pass as easily to the right as to the left, always ready to help either their center or their wing, quick to receive short passes from the halves and transfer them to the wing or the center, or if unguarded, the inside should make at once for the opponents' goal, dribbling the ball, and by drawing the enemy on her make a clear path for her wing or center. Above all things, insides must be accurate and quick at "shooting a goal."

Right or Left Wings.—These must be quick runners and clever dribblers and be able to center the ball well; no easy matter, especially for the left wing, when going at full speed. They are generally able to make long spectacular runs down the field with the ball, but their success in this depends: first, on their being able to receive the ball and take it down the field without stopping its onward progress; secondly, on being swift dribblers and, thirdly, knowing exactly the right moment to pass the ball, keeping it long enough to draw the defence and passing quickly just before attacked.

The path up the field for the wings should be between the 5-yard line and the side line, keeping well out even when nearing the opponents' goal, in order to be ready for clearing shots from the defence. However, if a wing

brings the ball down herself and is unguarded she may go in and shoot.

When the opposing team has a corner hit, and does not hit cleanly, the wing on whose side of the field the hit is taken should be quick to rush on the ball, after the hit, and take it down the field.

Wings are responsible for not letting the ball out on the side lines when receiving a pass. A ball can often be saved by reaching well out with the stick.

The Half-Backs.—Their first duty is to "feed the forwards" by following them up the field and intercepting the passes of their opposing halves and backs. When the circle is reached they must be ever on the alert to return the ball to their forwards as it gets driven out and, if opportunity occurs, by a good clean drive to score a goal.

To "feed" their forwards successfully they must be clean and accurate hitters, and not hit the ball wildly through their forward line, but send it directly on to the stick or preferably a little ahead of an unguarded forward. Halves should be good dribblers, as they often have to make openings for their passes.

Their second duty is to tackle their opposing forwards, and, if passed, to turn and get in front to tackle again. These quick turns and twists are difficult and need much energy, resource and neatness to be effectual. Halves must be strong and long-winded for, what with attack and defense, they are hard worked from beginning to end.

The half-backs (or backs) when taking the free-hits can get great advantage for their team by hitting off before the other team has time to get into position.

Half-backs generally take the roll-in and if clever at this can again get great advantage for their own side, but their tactics must be thoroughly understood by their own players.

Center Half is perhaps the most hard worked of the eleven. She must mark the opposing center forward and try to break up her passes to the wings and insides. She must follow up her own center forward and see that she is in the best position to receive a pass, trying to keep the play equally distributed to either side of the field.

Right and Left Half.—Their first work is to feed their wing, but they must be able to pass to center and insides also. In the circle they must be quick to see who is the best player to send the ball to for the final shot. Their defensive duty is to mark the enemy's wing and intercept her passes and break up any "dribbling." The left half in tackling is in constant danger of breaking Rule 18 ("crossing a player from the left so as to foul her") and must guard against this.

The Full-Backs.—The play of the full-backs is very similar to that of the half-backs, except that they do not follow their forwards so far down the field.

Full-backs must follow the play down the field, when necessary, but must be on the alert not to be stranded and unable to counter the attacks as they approach their goal. Marking the opposing inside and thus leaving her half-back free to take the wing is the best policy for the full-back, and especially in the circle, so that the insides do not have free shots for a goal. A full-back may often take the roll-in when the half-back is down the field, especially when near her own goal.

In hitting the ball out from the circle it is disastrous for a full-back or any of the defense to drive the ball across the front of the goal, as an oncoming forward is able to rush in and take advantage of the ball being in front of

the goal and so score a goal. On the same principle, if the ball is going over the end line near the goal posts and it is impossible to clear it safely out to the side, it is better to let it go out and have a 25-yard bully.

Goalkeeper.—The goalkeeper must be a person of iron nerve, able to meet the quick, sharp shots of the attackers without losing her head. Though not necessarily a runner, she must be active in other respects; quick with her hands, feet and stick in stopping balls, and quicker still at striking them out right or left, not forgetting she is privileged to kick, for a neat kick saves time in defense. Her best position is about two feet in front of the goal line, never on it or behind it. If an opposing forward is "clear away" with no one else near to tackle her—goal must come out and tackle, if her judgment is good, as near the circle as possible. The goalkeeper will find it wise to be always watching and following the game closely. In this way she learns her opponents' play and who particularly to mark when her time comes to protect the goal.

Pluck, nerve and quick sight are essential. Though goalkeeping is weary, cold work during some parts of the match, it is intensely exciting at other times; and the knowledge that every goal saved is equal to every goal gained makes the play of the goalkeeper of as much importance as that of all five forwards together.

A goalkeeper must make every effort to keep on her feet; falling down when her goal is attacked lays her open to having a penalty bully given against her.

To Prospective Players

By Anne B. Townsend.

1. The first things to learn and practice are your strokes. It may seem very dull and uninteresting to do nothing but practise hitting the ball for hours, but it pays to do it, and you will find that if you are sure of your stick work, the battle is more than half won.

(*a*) First of all, learn the drive. It is the most important stroke in hockey. Practise hitting straight ahead of you first. Mark a spot at which to aim and see how many times you can hit it out of twenty-five shots at a distance of fifteen yards. Do it standing still until you have become fairly accurate. Remember that your weight should be on your left foot at the finish of your stroke. Next place your ball, taking a running approach and drive. Then, after you have learned to dribble, mark a spot fifteen yards from your goal, take the ball back some distance, dribble until you come to your mark, and then drive quickly for the goal. And be sure you are not making "sticks." This foul very often comes from bending over as you shoot. After you have learned to drive straight ahead of you, try hitting to your left and then to your right, standing still at first and then on the run. The drive to the right is a hard stroke but a very useful one, so practise it until you can do it on the run without slowing up, and *don't use the reverse stroke*. Your left shoulder must be brought well around as you hit. Above all, keep your eye on the ball.

(*b*) Then learn to dribble. Keep the ball just ahead and slightly to the right of your right foot, and be sure that you keep it near your stick, so that you have control of it at all times. The dribble is not a hit, but a series of

quick taps controlled by the wrists. Your hands should be close together at the top of your stick. Practise the dribble until you can run as fast with the ball as you can without it, and don't lean over as you run.

(*c*) Next, learn the left-hand lunge. Your coach will show you how to do it, and keep at it until you are sure of it. It is surprising how far you can reach with this lunge, and how many times during a game it is the only stroke that will block a shot or pass.

(*d*) And finally, practise the push pass—a quick pass to the right or left without taking the preliminary back swing.

The job, flick and scoop strokes are all important, but should be learned after the other strokes are mastered.

2. Before beginning to play in a game, learn to tackle and dodge. These are equally important for forwards, halves and backs.

(*a*) When tackling, be sure that your stick is just ahead of you and slightly to the right, so that your whole weight is behind it. Don't try to reach way ahead or to the side as you tackle, or your stroke will lose its force.

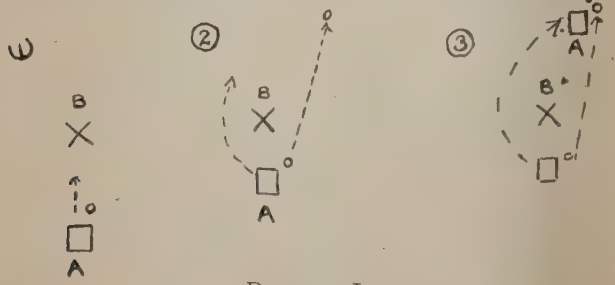


Diagram I.

(*b*) In learning to dodge, be sure that you never bring any part of your body between your opponent and the ball. There are two dodges that are easy to learn, and, if *timed right*, are almost always effective. You (A) are dribbling the ball up the field and your opponent (B) runs forward to meet you. Just before you get to her, push the ball forward to the right, run around your opponent to the left, and meet the ball again behind her. See Diagram I.

For the other dodge, just before you reach your opponent, tap the ball quickly to the left, follow it and go on up the field with it before your opponent has time to change her direction. Be sure that the ball is always on your right, or you will foul. See Diagram II.

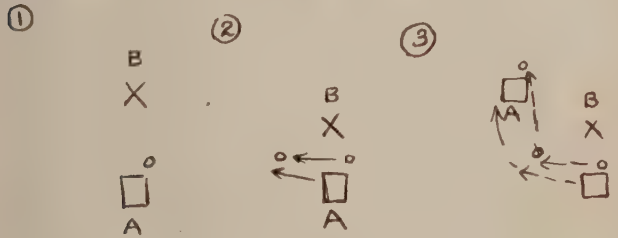


DIAGRAM II.

Dodging is mainly a question of timing. Start your dodge just as your opponent is about to tackle, use a quick wrist stroke, and you will get by her every time.

3. When you first begin to play in a game, concentrate on learning to stay in your position. Interchange will come later, but first of all learn to keep your place.

(*a*) If you are playing half or back, remember that you are responsible for one of the opposing forwards and guard her closely in your own half of the field, *especially in the circle*. Try and put yourself in the position to

intercept the pass that is coming to her, and never give her a free shot for goal. If you are playing half, you have the double duty of backing up your own forwards and marking one of the opposing forwards. Both halves and backs must learn to pass quickly and accurately. Try and place the ball so that your forward does not have to stop and wait for it to come to her, but can pick it up while running towards her goal.

(*b*) If you are playing forward, learn to combine with your other forwards. Remember that it is not individual, but combined effort that makes possible the scoring of goals. Quick, accurate passing can outwit any defense. Learn to shoot quickly and follow in your shots. And don't ever slow up when you receive the ball; start off at full speed with it, and pass or dodge just before you get to your opponent. If you are a wing, stay out in your alley, and pass to the center and slightly ahead as soon as you have passed your 25-yard line. The longer you wait to center the ball after that, the more time the opposing defense will have to get into position to intercept the pass. And be sure you are never standing off-side.

4. Read and study the rules so that you know them perfectly.

5. Watch as many games as you can, and learn something from each. Pick out the person who is playing your position, watch her closely and see how effective she is. If she is good, try and find out why, and how she accomplishes her work. If she isn't helping her team, discover where she is failing. Form your own judgments, and remember that it isn't always the individual star who is of the most value to her team; it is the player who can always be counted on to do her share, who combines with her own players, and who never thinks of herself but always of the team.

Suggestions as to What a Beginner Should Strive to Know at the End of Her First Season

By Anne B. Townsend and Elizabeth P. Maris.

Strokes.

1. *Drive.*
   - *a.* Form.
   - *b.* Accuracy.
   - *c.* Speed.
2. *Short Pass.*

   Accuracy: Ability to pass to the *right* as well as to the left.
3. *Dribble.*

   Close control of the ball (speed will develop later).
4. *Left-hand Lunge.*
   - *a.* Accuracy.
   - *b.* Long reach.

Tactics.

1. *Positions and Team Play.*
   - *a.* Knowledge of position and work of each player on the field.
   - *b.* Thorough understanding of own work on the field and ability to stay in own position.
   - *c.* Passes (too much emphasis cannot be laid on this—individual dodging will come later).

d. Realization of importance of team combination and the uselessness of selfishness and individual precedence.

e. Marking: Understanding of the importance of close marking, especially defense players in the circle.

2. *Knowledge of Rules.*

a. Simpler fouls, such as "sticks," kicking, etc.

b. Understanding of "off-side" rule, and reason for it.

c. Interposing, turning and running in on the left, with knowledge of how to avoid these fouls.

d. Quick recognition of the whistle, getting into position for free hit, and knowledge of penalties.

3. *Roll-in, Free Hit, Corner and Bully.*

a. Knowledge of correct positions and execution by every member of a team—using merely the elementary and simplest forms of each.

b. Fouls and penalties.

4. *Tackling.*

a. Correct use of weight and force in making tackle.

b. Ability to tackle from all angles without fouling.

Hockey Strokes Analyzed

By Hilda Burr,
Instructor in Physical Education at North Carolina College for Women, 1922-1926.

THE DRIVE.

This stroke is still an essential one in hockey, although it is not so frequently employed now as it was ten years ago. It is generally used for a hard clearing shot, a long

Follow-through of Drive.

pass or when shooting from the edge of the circle. The stick should be gripped by the left hand about an inch from the top of the handle, with the right hand *as close as possible* below. A comfortably wide stance should be taken—about a foot-and-a-half to two feet—with the ball slightly nearer the left foot than the right, and quite six inches in front of the toes. If the ball is too close it tends to cramp the swing; if too far away, the player has to bend forward too much.

The player should not face in the direction of the intended shot but should place herself sideways to it, with the left shoulder pointing towards that direction.

In swinging the stick back for the stroke the elbows should be only *slightly* bent, with the wrists kept firm; the stick need not be lifted higher than the hips, even for the

Center from Left Wing.
This drive off right foot can be done without player pulling up.

hardest shot. Care should be taken from the very beginning not to lift the stick higher than the shoulder, because if this becomes a habit it is very difficult to break. "Sticks" is often caused by the dropping of the wrists, which tilts the blade up too high, especially if the toe of the stick is pointing upwards. The lift of the stick should be in a straight line backward from the ball, the weight of the

body being transferred onto the right foot, the left heel being raised from the ground and the blade roughly horizontal to the ground.

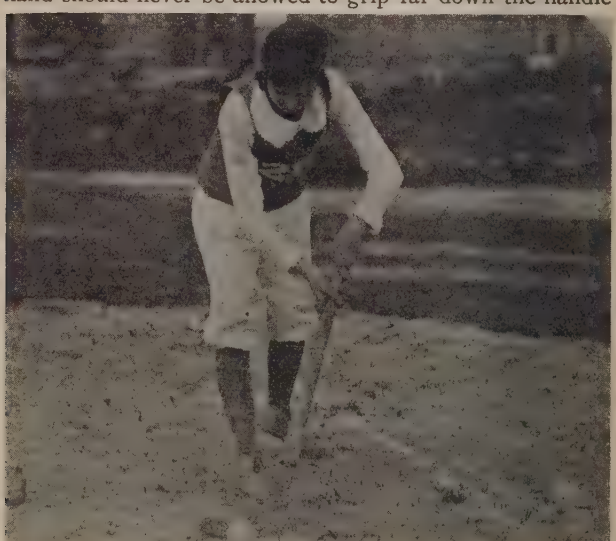
Keeping the eye on the ball is one of the most important factors towards making a good hit; the direction should be gauged before the backward swing is made. The blade of the stick should meet the ball squarely, with the body weight moving from the right to the left foot, the right heel being raised, extra impetus being added to the shot by a "throw" of the wrists. The stroke should not be checked directly the ball is hit but the stick should "follow through" in the direction of the ball, the wrists turning the blade over from right to left so that the rounded surface is uppermost. The shoulders should be well over the left foot with the arms practically straight and the stick raised to about waist level.

It is possible to make the "drive" successfully with the right foot forward when the direction of the hit is from left to right, the advantage of this method being that it can be performed at full speed. For this stroke the ball has to be on the outside of the right foot—as in the illustration—six or more inches away. The body is twisted from the waist so that the left shoulder is turned in the direction of the intended pass, while the grip and lift back of the stick are the same as in the first drive stroke. The shoulders are kept in this turned position until the ball is hit, the body weight being thrown forward onto the right foot. The follow-through is similar to the former stroke. Left wing players find this stroke invaluable when a hard pass in to the center of the field is needed at full speed.

THE DRIBBLE.

This is the name given to the method employed in order to take the ball down the field while running at full speed. The ball should be propelled along by a series of taps with the stick, the player keeping the ball close to her.

The left hand should be at the top of the stick, the back of the hand facing forward, the elbow well out; the right one should be two or three inches further down the handle, unless the player has very good control of the ball when she could try dribbling with the hands together. The right hand should never be allowed to grip far down the handle



Position for Dribbling.

as this causes the player to crouch and so slackens the speed; the more upright a player can be when dribbling the more pace she will acquire, hence the grip with the hands close together for experienced players.

Another important point in correct dribbling is to keep the ball in good position. If it is too far away, a player can be easily robbed of it; if too close, the ball is likely to be kicked or over-run. The best place for the ball is

slightly outside the right foot and a foot or so in front of it, or at least within reach of the stick, unless there is no opponent capable of tackling. Care should be taken to hold the stick at right angles to the ground, the handle slightly sloped towards the left and well in front of the body when hitting, the eyes watching the ball the whole time. The wrists should be very flexible, working the stick with a slight backward-and-forward movement.

THE PUSH.

The push stroke—sometimes called the "flick"—is used nowadays more frequently for passing than any other stroke. It takes less time than the drive, the pass is easier to field and the intended direction of the pass can be dis-

Push Pass.

guised until the ball is actually hit. It is possible to make a push pass in a forward, sideways or even backward direction.

The right hand should be slipped down the handle a few inches, somewhat in the same position as for dribbling; the

stick held at right angles to the ground, well away from the body and the elbows out. There is no swingback, but the face of the stick is turned towards the place where the ball is to be passed, which is accomplished by a flick of the wrists—the stroke is not a hit but a sharp push. The left hand steadies the top of the handle while the right pushes the blade forward. It is easier to make this pass with the right foot forward and the body weight shifted onto it If the pass is a forward one the position of the ball is the same as for close dribbling; if a square or back pass to the right, the ball should be on the outside of the right foot, a few inches away. The shoulders may be turned towards the ball, but if the direction of the pass were to be disguised until the last moment the stick alone should be turned.

THE SCOOP.

Provided the stroke is not used to excess, a player may improve her game quite appreciably by learning the "scoop." As the name implies, the ball is lifted or scooped into the air, but it should be borne in mind that this must

Scoop Stroke.

not be done by means of "undercutting." To do this stroke successfully the right hand should be slipped about half way down the handle, the thumb on top. The right foot should be forward, with the weight thrown on to it, while the ball should be about two feet in front and slightly to the side of that foot, just within comfortable reach of the stick when it is well "laid back," with the elbows only slightly bent. The face of the stick lifts the ball up with a forward-and-upward movement of the right hand, the left steadying the top of the handle. The scoop is a useful method of passing when an opponent's stick is blocking the way, the ball being lifted over it. It is a somewhat dangerous practise to lift the ball over the opponent, as is sometimes done; the ball should not be raised higher than the hip for safety. When close up to a goal a scoop to left or right of the goal-keeper is generally a very effective shot, instead of a hard drive.

THE LEFT-HAND LUNGE.

One-handed strokes should not be used unless it is impossible to reach the ball with two hands on the stick, as they are weaker and less easily controlled.

The left-hand lunge is a useful stroke when tackling on the right, if too far away for the regular tackle with two hands.

The left hand should have a firm grasp of the top of the handle and as the stick is lifted straight back the right hand should slide about half way down the handle, the right elbow being only slightly bent to keep the blade low, as in the drive. As the stick is swung forward, the left leg should lunge in the direction of the ball, the left knee being bent while the right is kept straight. Before the ball is hit, the right hand is released with a slight throwing movement to add a reasonable amount of force to the tackle. The face of the stick should meet the ball squarely

Left-hand Lunge.

and the left wrist be kept firm to prevent any follow-through. If the stick is not checked when the ball is hit, it is likely to prove dangerous to the opponent. The left arm should be straight and in line with the stick and the left foot should be pointing in the same direction, while the right arm is held away from the body to adjust the balance.

There is no turnover of the wrists, as a rule, unless the tackler wishes to bring the ball closer towards her, which can be done if the ball is not close up to her opponent's stick.

RIGHT-HAND LUNGE.

This is a weak stroke and should not be employed unless the ball cannot be reached by any other means. It is resorted to when tackling an opponent on her left when the ball is too far away for the job, thrust or cut.

The stick is held at the top by the right hand only after it has been turned round in the grasp, so that the point of the stick is down, and with this exception the technique is

very similar to the left-hand lunge. Of course, it is the right leg which takes the stride forward and the ball is hit with the toe of the blade, the stick being reversed. Like

Right-hand Lunge.

the lunge stroke with the left hand, there is no follow-through and no bending of the wrist. There is no turnover of the blade.

THE JOB.

The "job" is another one-handed stroke which can be done with either the right or the left hand at the top of the stick. In spite of the lack of strength in the left wrist it is as well to use the left hand rather than the right, the

risk of obstruction when using this stroke to tackle on an opponent's left is much less, as the right shoulder can be kept well back.

The blade of the stick should be laid back with the arm in a straight line with it—the elbow should not be bent, as this would detract from the strength of the stroke. Then the ball is pushed out of reach of the opponent by a series of "jabs" or sharp pushes until the player can get the ball

Job.

under good control with both hands on the stick. This stroke can be done at full speed, but the tackler should be careful not to cut in between her opponent and the ball. A forward can use this strike to advantage by jobbing the ball over an opponent's stick when about to be tackled.

RIGHT CUT.

One of the strongest methods of tackling an opponent on the left is the right cut, which is a two-handed stroke with the stick reversed. This should be done by turning the stick round in the grasp, as in the right-hand lunge. A

mistake which is commonly made by inexperienced players is that they merely turn their wrists over to get the blade reversed instead of changing the grip. This should be stopped at once, as it cramps and stiffens the elbows.

The hands should be close together at the end of the handle, arms and stick being roughly on a line with each other. To make the stroke successfully, the player should be on a level with the one whom she is about to tackle, and

Right Cut.

she should be careful not to obstruct. The stick—in reversed position—should be lifted straight back, but not so high as in the drive, the weight being on the right foot when the stroke is made. A certain amount of force should be exerted when using the "cut," the ball being hit with the toe. There is no follow-through, the wrists checking the stick, as in the lunge strokes.

The "cut" should really be a quick, sharp tap; for if the stick is held across the opponent's legs it is very liable to trip her, especially as it is often done while the players are running at full speed.

Games to Use in Practising Hockey Strokes

Granted that individual practise of strokes is one good way of becoming proficient in stick work, another means is the playing of simple games which involve the use of the different strokes. Not only does it give practise but it adds the element of interest which with some is unfortunately missing unless the competitive element is present.

Game of this kind may also turn what otherwise would be a lost rainy day into a day of very profitable practise and a lot of fun. If you have at your disposal a large porch or gymnasium, try these games inside. Wrap the balls in pieces of cloth (common pins will hold the cloth in place) to prevent too great speed; or, if you have a very proficient group, try the games with ordinary balls.

Start your younger children with games of this kind. They will get fine practise in stick work, so that the proper handling of the stick will become automatic, and then when they begin the game itself they can pay more attention to tactics.

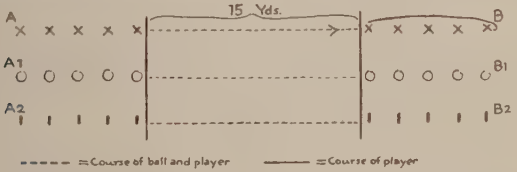
These games are grouped according to type of stroke used. They are almost all of the typical "relay" form. Each player has a stick. The number of balls varies according to the game and the number of players. Signals for starting should be given with a whistle whenever possible. When posts are needed they may be people, flag posts, extra coats or peach baskets; in fact, almost anything. Aside from a hockey field for playing these games, a tennis court is very useful. In these games regular hockey rules for "sticks," kicking, etc., should be followed.

EDITOR'S NOTE—This article is a compilation of games, not an original series, and is suggestive of what may be done along this line. The chief sources from which they were obtained are: Miss Applebee's Hockey Camp, suggestions from Miss Wesson, and the course in coaching hockey at the University of Wisconsin.

I. THE DRIVE.

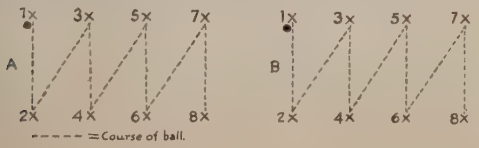
A. Shuttle Relay.

Each team is divided into two equal parts, A and B, the individuals in each part standing one behind the other and with the leaders of each part from 15 to 20 yards apart, depending on how far you want the players to hit. 15 yards is usually far enough. Each leader on the A side has a ball. At the signal the first player on the A side hits the ball to the first player on the B side, follows the shot at top speed and runs to the back of the B line. The B player stops the ball, hits it back to the next player on the A side, follows the shot at top speed and runs to the back of the A line, etc. When the game is finished all of the players on the A side will be where the B players started, and vice versa. This form of relay may also be played using the dribble instead of the drive.



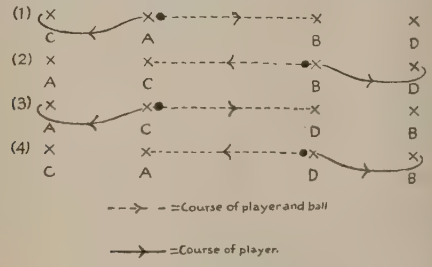
B. Zigzag Relay.

Each team is divided into two equal parts, which stand about 10 yards apart, each player standing opposite one of her team mates, and alongside the others in her line. Each team has one ball. No. 1's start, hitting the ball across to No. 2's, who stop it and send it across to No. 3's, etc.



C. Stopping and Hitting Relay.

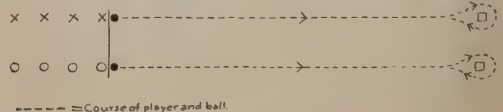
See diagram for line-up. Four on a team is the best number and each team has one ball. A hits the ball to B and then runs around behind C; B runs forward to meet the ball, stops it and hits to C, then runs around behind D; C runs forward to meet the ball, stops it and hits to D, then runs around behind A; D stops it, hits to A and runs around behind B. The players are then back in their original positions. This rotation is continued for a definite length of time, a minute or a half-minute, and the number of hits is counted to determine the winner.



II. THE DRIBBLE.

A. Around Post and Back.

Teams are lined up as in diagram, players standing one behind the other and each leader with a ball. At the signal the first player in each line starts and dribbles the ball down to the post, around it with right shoulder toward it and back to the next player in the line, who does the same thing, etc., then placing herself at the back of the line.



B. Combined Dribble and Drive Relay.

Play the above game exactly as described except that after the player has gone around the post she drives the ball back to the next player in her line, following up the shot and placing herself at the back of the line, the next player stopping the ball first and then continuing as the player before her did.

C. In and Out Relay.

Teams are placed as in diagram, each team with a ball. 10 yards from the starting line is a post, and then four others, each five yards from the one next to it. Dribble the ball in and out around these posts, starting by passing the first post with the right shoulder. After passing the last post the ball may be brought back to the starting line either by continuing to dribble in and out around the posts, or by dribling straight back, or by driving back. The next player in line continues, doing as the first player did, and so on until all have played. No reverse stroke is allowed. To increase difficulty of game move posts closer together.

D. Circle Relay.

Each team lines up in separate circles, each circle with with one ball. At a signal the leader starts dribbling the ball around the circle, on the outside, with her right shoulder toward the other players. She continues to dribble around the circle until she reaches her own place, when she passes the ball to the next player on her left, who does as the first player did. This is continued until

all of the players have had a turn. Another way to play this game is to start with the leaders and give a point to the team whose leader gets back to her place first. Then start the next players on the left of the leader and give a point to the team whose second player gets back first, etc., until all have had a turn.

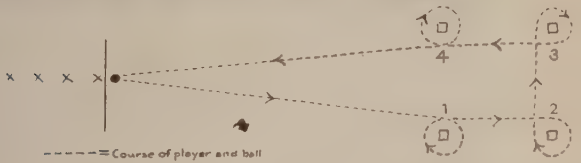
E. Overtake Relay.

Similar to D, but with all players in one circle and leaders on opposite sides of the circle. Each leader has a ball and at the signal starts dribbling around the outside of the circle until she gets back to her own place, when she passes the ball to the next player on her side, who does the same thing, etc. The game finishes when one ball overtakes the other or when all of the players on one team have had a turn.

F. Square Relay.

See diagram, which shows line-up for one team only. Four posts in a square formation, side of square about 10 yards. Teams line up at the starting line, each leader with a ball. At the signal the leaders start and dribble the ball to the left of No. 1 post and around it; then to No. 2, to the left and around it, and so on to Nos. 3 and 4, and then

back to the starting line, when the next player on the team does the same thing, etc., until all have played.



III. PUSH PASS.

A. Circle Push Pass Relay.

There are two forms of this game:

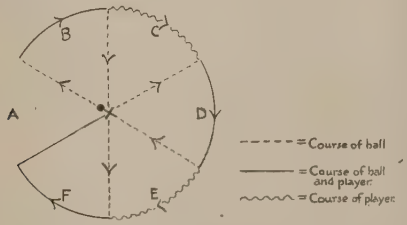
(1) Each team in a separate circle facing the center, players standing about 3 yards apart. Pass the ball around the circle to the right. The team which gets its ball around first wins. This may be varied by having each team pass the ball around two, three, four or more times in succession before the end of the game.

(2) All of the players in one circle numbered off A, B, as in Diagram II, E. All of the A's are one team and the B's the other team. A ball is started opposite sides of the circle by the leader of each team and is passed around to the right to each member of her team. Any number of rounds may constitute a game.

B. Center Push Pass Relay.

Players form a circle facing around to the left, about 5 yards apart, and with one player in the center who always stands with her right shoulder toward the space into which she is to pass the ball. It is best to have circles of not more than 6 or 8 players, as it takes too long to finish the game. Each team has one ball. Center player with a push pass sends the ball between A and B (see diagram); A runs forward to meet ball, dribbles outside B and with a

push pass sends the ball back to center player and then runs to space between C and D, where she receives another push pass from center player. She then dribbles around D and sends the ball back to center player with a push pass and runs to next space, etc., until she has gone all the way around the circle, when she takes the place of center and center takes her place in circle, new center player continuing game by sending push pass into space between B and C for B to go the rounds. This continues until the whole circuit has been completed. Whichever circle finishes first wins.



C. Line Push Pass Relay.

Teams are lined up in straight lines, players standing beside each other and about 3 yards apart. The ball starts at the left-hand end of the line and is passed down to the right, each player stopping it and using push pass to send it to next player. When it reaches the end all players immediately face about and pass the ball back again, using the push pass. When the ball gets back to the starting place the game is over.

IV. SCOOP.

A. Shuttle Relay Over Obstacle.

See I, A for formation. In the middle of the 15-yard space, place an obstacle for each team. This may be a

basket or anything over which a player may scoop and around which she may run. The game is to dribble to the obstacle, scoop over it, run around it and dribble the ball to the player in the opposite line, etc.

B. Scoop and Pass Relay.

Players lined up in teams, one player behind the next, about 5 yards apart, and holding the stick in the right hand about a foot off the ground, first player in each line having a ball. To start the game the player with the ball turns to face down the line and scoops the ball over first one stick and then the next in succession until she reaches the last stick, when each player moves forward one space, faces to the right and passes the ball down to the front of the line, where player No. 2 receives it. All face front again and hold sticks to the right while player No. 2 scoops to the back of the line, etc. The game is finished when the first player receives the ball at the front of the line again.

V. GAMES INVOLVING "TACKLING."

A. Same as II, C, except that human posts are allowed to interfere in any legal manner by taking one step (*i.e.*, other foot remains in place). If player does not pass post first time she must try until she does.

B. Dribble, Pass, Dribble, Drive Relay.

Line-up as in II, A, about 15 to 20 yards between start and finish line. In center of this space is a human post for each team, who may move one step and tackle in any legal manner. First player dribbles to post, passes it and continues to dribble to finish line, where she drives back to next player in her line and follows ball, going to back of her line. If player does not pass post the first time she must try until she does.

C. Lunge, Tackle and Tackle Back.

Players divided into two equal parts, A and B. A's are lined up on the 25-yard line with the B's 5 yards ahead of them, all facing the nearer goal line, each having a partner and the B's each having a ball. At the signal the B's start dribbling the ball toward the goal line and the A's try to overtake and gain possession of the ball by using a left-hand lunge. If A gets the ball she dribbles it back to her starting line and B tries to overtake her and get it in her possession again. If A does not get the ball, B continues to dribble to the goal line. The game continues until all of the balls are over one goal line or the other and the team wins which has gotten the greatest number of balls over its goal line.

The distances given here are for fairly good players. For beginners it might be better to have the A's line up on the Center line, with the B's 15 yards ahead of them, and still have the goal line as the goal of the B's.

D. "Tackle."

Divide the players into two teams. Team A lines up on the center line, each player with a ball. Team B lines up on a line about 30 yards away, facing them and each opposite an opponent. When the signal to start is given, Team A starts to dribble the ball to get it over B's line, while Team B starts at the same time to attack its opponents and get the ball over A's line. The team having the greatest number of balls over its opponent's line when the whistle sounds wins. The whistle may sound after all of the balls are over one line or the other, or it may sound sooner if two players seem to be holding up the game by their inability to get the ball over either line. Then reverse the starting positions of the two teams so that the B's start with the balls, and continue as before. The game is

finished only after each team has had a chance to begin with the balls.

This game should give practise in the dribble, all methods of passing an opponent, tackling back and following up shots.

VI. MISCELLANEOUS GAMES.

A. Stop and Hit.

Eight to ten players in a circle. Time for a minute or a half-minute and count the fair stops and passes in that time. A stop and pass equals one only when *both* are good. A pass may not be made to one's nextdoor neighbor.

B. Bombardment.

Two teams lined up, players side by side, about 3 yards apart, teams about 10 to 15 yards apart. Each player has behind her, standing on the ground, a dumbbell, Indian club, peach basket or some other object she is protecting. It is the object of the other team to knock down or hit these objects. When this happens the player and her object drop out of the game and the team wins which has the greatest number of players left after a certain length of time, or else the players may all stay in and a score-keeper counts the number of hits for each team for a certain length of time. The number of balls used would depend on the number of players on each team. One ball for each four players would be a good number.

This game would give practise in easy drives, very well placed, in good stops and quick getting under way with the ball in order to catch the objects uncovered.

C. Dribble and Shoot.

Teams lined up as for relay, players one behind the other, each player with a ball, and opposite each team on

the goal line is a peach basket or some other object. Leaders are on the 25-yard line. At the signal they start dribbling the ball, and when they reach the edge of the striking circle or a similar spot they drive the ball at the object, follow up the shot, pick up the ball and run back to tag off the next player in line. Two points are given the team which comes in first and one point is given for each time the object is hit. Instead of an object to be hit one may place flags or posts between which the ball must be sent in order to score.

D. Keep it Away.

About 10 players in a circle, as many circles as necessary, one ball to a circle, one player in the center of the circle, or perhaps two. The object of the game is to pass the ball around the circle and across it without giving the center player a chance to intercept it. When the center player does intercept the ball, the one who last played it must change places with her.

Any kind of a legal stroke may be used, so this game may be used to practise any of the strokes mentioned, except the dribble.

Hockey Fouls Described for Umpires and Players

By Cynthia M. Wesson.

Umpires, always remember: 1, When the attacking team makes a foul, the defending team gets a free hit; and, 2, when the defending team makes a foul outside the circle, the attacking team gets a free hit; when the foul is made inside the circle, the attacking team gets a penalty corner or a penalty bully. Only, remember that when the foul is made by the defending team, it is sometimes to the advantage of the attacking side not to stop the game for a free hit, but rather to let it go on as if the foul had not occurred. The note on "Enforcing Rules," under Rule 4, is one of the most important provisions in the rules.

Fouls are described in the order found in the Rules Section.

Off-side.

Umpires—Remember to watch for this foul as soon as the attacking team crosses the center line, but watch even more closely as the attack approaches nearer to the goal.

Players—Remember that if a forward on your team has the ball, it is bad play to go ahead to wait for a pass; but if one of your half-backs has the ball, whether she is hitting it or rolling it in, and you have to be ahead of her, then you must constantly see that three defense players are between you and the goal line. Also, if in the circle you "rush" a shot by one of the other forwards, but the goal-keeper gets the ball and sends it out behind you, you must not stand still but should immediately run back to get out of the way of the defense and on a level with the ball.

If you have done this and another forward shoots a second time, you will not be called for off-side and the goal if made will count. If you stand near the goal and obstruct the view of the defense, or even distract the attention of the goalkeeper, you may be called for off-side and a goal will not count, even if you did not touch the ball as it passed you. There is one other situation where a forward must be careful about off-side, and that is after taking a corner hit. If a goal is not scored on the first shot, you should be careful to come back level with the ball. If you are level with the ball when it is hit, you may run ahead and meet it as near the opponents' goal line as you please, even if there is no one but the goalkeeper between you and the goal line; or, if you were ahead of the ball when it was hit, but had three defense players between you and the goal line, you may run ahead to take a pass, even if you then do not have three defense players between you and the goal line. If you are not off-side when the ball is hit or rolled in, you are not off-side for that play. Obey these conditions and you will never be off-side.

Officials—There is, of course, no foul so hard to judge correctly as off-side. The position of at least four people, as well as the position of the ball when being hit, must be known accurately before an off-side foul can be called. Also, the umpire must be able in each case to decide whether the person who is in an off-side position is "interfering with or obstructing another player, or gaining any advantage from standing in an off-side position," and therefore whether a foul should be called or not. At the same time she must be on the lookout for any other fouls which may occur. First of all, the umpire must be on a line with, or a little ahead of, the ball; second, she must

have in her mind two imaginary lines which are always parallel to the goal line, but which are constantly moving up and down the field. One of these lines runs through the ball when it is being hit or rolled-in by one of the attacking team, the other runs through the one of *three* defense players (counting the goalkeeper) who is farthest from her own goal line. The position of the attacking players must be known in relation to these two lines. If, when the ball is being hit by one of her own team, any attacking player is nearer her opponents' goal line than line No. 1, she is off-side if she is also nearer her opponents' goal line than line No. 2; but if she is between the two lines she is not off-side.

For example (see Plate 1), all the forwards may be ahead of the ball, but still be safe because three defense

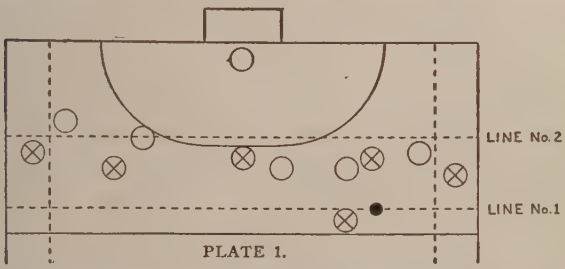


PLATE 1.

players are nearer the goal line; or (see Plate 2), all the forwards may be ahead of the ball, but only two may be off-side being ahead of line No. 2. If a player is not ahead of line No. 1 when the ball is hit, she can not be off-side no matter where she may run forward to receive a pass. Remember that between the time a ball is hit and the time it is received by a player, line No. 2 may have moved—that is, three defense players may have run back and be

between the offender and their goal line—but if the player was beyond line No. 2 when the ball was hit, she is off-side when she receives it, even if three defense players are then between her and the goal line. Or, in the opposite case, if she was not ahead of line No. 2 when the ball was hit, she is not off-side even if she receives the ball with only the goalkeeper between her and the goal line.

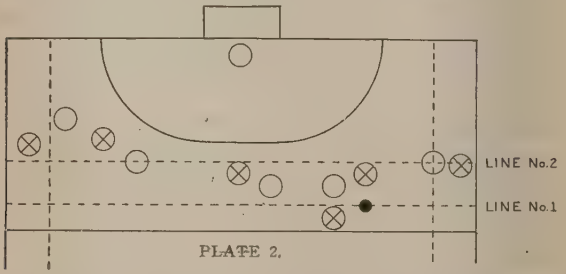


PLATE 2.

Watch for off-side in the following situations: When the forwards have the ball, watch any forward who is ahead of it, in relation to line No. 2. When the ball is being hit (free hit or otherwise) or rolled in by a half-back, watch all the forwards in relation to line No. 2. When a shot has been made at goal and some forwards have "rushed it," but the goalkeeper has sent the ball out again toward the edge of the circle, those forwards who rushed the first shot may not stand by the goal, but must make an effort to get back behind the ball before it is shot again. A wing player who takes a corner hit should be watched for off-side if the ball is stopped by the defense and cleared by them. During free hits by the attack near the circle, forwards are very apt to get off-side and should be watched. Also, whenever a fast attack has been checked

by the defense and the ball hit up the field, forwards are likely to be left off-side.

As to interpreting the provision, "She should not be penalized unless she is interfering with or obstructing another player, or gaining any advantage from standing in an off-side position," umpires may vary in the strictness of their interpretation, but should rigidly enforce the rule when the ball is in the circle. As stated before, a forward who has rushed a shot and stands near the goalkeeper while a team-mate shoots again from further back, should be penalized. Outside the circle, unless a player is obviously keeping her opponent out of play by being off-side, the foul should generally not be called unless the player is about to play the ball. If the play is on the opposite side of the field the whistle generally need not be blown.

"Sticks."

The rule is quite clear that this foul is made only during the act of striking at the ball. Merely carrying the stick over the shoulder while running can not be penalized as "sticks." It should be remembered that the handle of the stick may be the cause of making "sticks," as this often happens when a player takes a rather high ball on the volley. There has been some discussion about the situation where a player pulls her stick out of a scrimmage by lifting it over her head, but I think this action would be better dealt with as "Rough Play," under Rule 19. Also, it is possible for a player who carries her stick above her shoulder to turn in such a way as to hit an opponent standing behind her—another case for Rule 19.

Undercutting.

A good interpretation of undercutting is to be found on page 30 of the Rules Section, under Question 17. My own

interpretation is that whenever there is an approach swing and the ball rises from the ground, the player should be penalized. However, if a player catches the ball off the ground on a half-volley, it is not a foul. The "scoop" stroke is made by bringing the blade of the stick in contact with the ball and then lifting the ball by a quick lift of the stick. There is no approach swing here, as the stick is touching the ball before the stroke is started. No foul occurs in this case. Umpires must also guard against calling undercutting when the ball has been hit simultaneously by two sticks, or has simply bounced up off the blade of an opponent's stick.

Players: If you swing at the ball when it is out in front of you, your stick is certain to reach the ball in a position to loft it; therefore, always try to hit the ball opposite your left foot. If you use the "mow" stroke when the ball is rather far to the side, it is likely to rise, and also when you chop down at it without a good follow through with your stick. There is no advantage in any of these strokes, so try to break yourselves of them and develop a clean drive with a follow through.

Use of hands.

The interpretation of throwing the ball, or placing it with the hands, is very strict. If the ball rebounds off a player's hands (with the exception of the goalkeeper) and does not fall perpendicularly, a foul should be called; also, if the ball is stopped on the ground with an open hand and rebounds, a foul is called; or if, after being caught, it is moved at all before the hand is removed, the player should be penalized. Players should catch the ball firmly and drop it immediately. If the ball is on the ground it should be caught with the fingers pointing toward the ground, a firm hold should be gained, and then the hand

should be taken away without moving the ball at all. Placing is a very easy foul to commit and must be guarded against. A player who catches a ball on her left side will often bring it over to her right side quite unconsciously before dropping it. The player who is a sure stop at a corner hit is a most valuable member of the team, provided she is not careless about placing the ball or letting it rebound off her hand.

Use of feet or body.

Like the rule concerning "hand ball," this should be strictly interpreted. If the ball rebounds from the foot or shinguards, even if the foot was not moving at the time, a foul should be called if any advantage comes to the player from the rebound. Remember that a rebound may be off any part of the body and should be penalized if any advantage is gained. Note also that it is a foul to hold the foot behind the ball after stopping it. Defense players will often do this in order to get time to hit the ball, and may prevent a forward from getting a clear hit at the ball.

Back stop or stroke.

Fortunately, only beginners commit this foul. As soon as players become familiar with the reversed position of the stick they do not make back strokes.

Interference with sticks.

Deliberate "hooking sticks" is very seldom seen, but umpires should watch for careless slashing at the ball, in which the stick consistently misses the ball but hits the opponent's stick. This can be penalized. Another situation sometimes favors this foul: In a scrimmage one player may hold an opponent's stick out of the way while a team-mate takes the ball. This, of course, is a foul and should be called.

Shoving, shinning, personally handling.

Shoving does occur sometimes and should be more strictly called than is generally the case. Frequently when two players are racing for possession of the ball, one bumps into the other. This can best be avoided by "tackling the ball," not the opponent's body. Players should try to keep the body as far from the opponent and the ball as possible, and play the ball only with the stick. There is one other condition covered by this rule, and that is putting one hand on an opponent's back or shoulder to get a sort of shove-off from her. This foul is more common in basketball, where the hands are free, but it does occur in hockey and should be watched for.

Crossing the left.

I think this should be called "touching an opponent's left while tackling." Remember that there can be no legal tackle from the left unless the ball is touched by the player attacking without any touching of the player in possession of the ball, or any touching of her stick until after the ball is touched. This is a very difficult procedure, but if a player in attacking has any possible chance of overtaking her opponent on the right, this should be done. If it is necessary to attack from the left, one must keep as far from one's opponent as possible and not attack at all until level with the ball. One good way to tackle from the left is to hold the stick in the right hand only, with the blade lying on the ground, then make a thrusting motion at the ball straight across in front of the player who is dribbling. This will push the ball to her right, out of reach, and make it possible for the attacker to recover it without "obstructing." One other safe method is to use the stick reversed in the right hand and simply check the ball enough so that the dribbler will overrun it.

Obstruction or turning on the ball.

The most common cause of obstruction occurs when a player is dribbling the ball and hits it somewhat too far ahead. The overtaking player on the defense, instead of running around outside the ball, runs across between her opponent and the ball in order to be able to hit it back toward her forward line (Plate 3). The same

PLATE 3.

thing is true of the left wing, who sometimes runs around the ball to her right to center it, instead of running out to the left of it (Plate 4). In England the term "half turn"

PLATE 4.

is often used. This refers to obstruction of this kind, where a right wing, for instance, being attacked from the left side, allows the ball to get slightly behind her and then turns her left shoulder forward, thus interposing it between her opponent and the ball. In the same way a left wing being attacked from the right may not dribble the ball on her left side with reversed stick, if at any time any part of her body is between the ball and her opponent. It is also a form of obstruction to dribble the ball in a circle when an opponent is behind, because the ball is

thereby being protected from the opponent by the player's body. This occurs most often when a player has made a legal tackle from the left side and is in possession of the ball. If she then dribbles it round to her left she is obstructing. Instead, she should dribble it round to the right, even though this is much more difficult to do. (Plate 5).

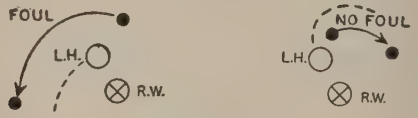


PLATE 5.

Using the feet or other part of the body to prevent an opponent playing the ball.

The infringement of this rule is most common when the goalkeeper kneels or crouches over the ball, thus preventing an oncoming forward from playing the ball. This foul frequently may prevent a goal being scored, and the penalty in that case should be a penalty bully instead of a penalty corner.

Interfering with the game with neither hand on the stick.

There are only two occasions when this foul is likely to happen; one when a player throws her stick after the ball to stop it, the other when the goalkeeper either drops her stick or puts it under her arm in order to stop the ball with both hands. Both these should be watched for and called.

Passing the ball between the feet.

This happens sometimes at the bully when the player bullying pulls the ball directly backward between her feet.

It also happens when a player overtakes the ball going toward her opponents' goal and hits it back toward her own goal without turning or getting to one side of it. Lifting one foot in the air does not prevent the foul from being made.

Rough play.

Hockey being an open game, with almost no personal contact, there is little rough play and few accidents. Players should, of course, be broken of indiscriminate slashing about with their sticks, which results in striking their opponents' shins; but as a player becomes more skilful with her stick she is less apt to be dangerous to her opponent. Danger may result from carrying sticks too high, and from lofting the ball with force, but aside from these things rough play seldom occurs.

The spirit of the rules in hockey is very definitely in favor of an open game with a fair chance for each side. Players should not resent a strict umpire, but should guard particularly against committing any foul for which they may be penalized. In this way strictness in umpiring will not result in a dull or slow game, but will make it faster and more open; if not at once, at least eventually.

Irish shot at goal. Notice stride of players as shot is made, and attempt of Center Half to block shot.
UNITED STATES vs. IRISH TEAM, 1925.

Forward Play

By Miss Winifred S. Clarke,
English Hockey Coach at the University of Iowa.

I. Special Characteristics.

Forward play means fundamentally forcing an offensive.

From the moment play begins, the forwards must devise and concentrate upon a definite plan of attack and press untiringly to bring it to a successful issue. Should they fail, they must be quick to adopt some other method of getting through. It is impossible to overemphasize the importance of introducing the greatest variety into the offensive policy of the attacks so as to outwit the vigilance of the opposing defense and keep them wondering and worrying.

Next, forwards should remember that their offensive is more likely to prove successful through co-operation; *i.e.*, combination of individual merit and group tactics. Highly skilled as each player must necessarily be, individual competency is not the only factor, nor does it necessarily make for strength and success. Combination between the forwards means much more than the sum total of the skill of five players, because of the immense variety of tactics that such co-operation permits. "The opportune pass is the key to the game."

Thirdly, the attack must be quick to estimate the strength of their opponents and to detect weaknesses in their defense. When checked, forwards should be ready at once determinedly to "tackle back" and to try to recapture the ball before the defense has been able to make ground.

II. Individual Characteristics.

Speed is an essential, but can not precede well trained body-technique and ball-mastery. A forward needs to be highly skilled in all manner of devices for the manipulation of the ball, and this personal competency must be developed before team play can be attempted.

Apart from the knowledge of the recognized strokes and safety devices in directing and controlling the ball, definite practise should be given to the following:

1. Taking the ball on the run, at different and difficult angles.
2. Safe fielding of the ball.
3. Getting away quickly on receiving a pass.
4. Anticipating the line of a long distance ball and getting into position for it.
5. Delivering the ball swiftly and accurately.
6. Shooting instantaneously as soon as ball is received from a pass, or at the end of an individual run.
7. In combination with other players, practise should be given in the use of the different length and strength of passes, the ball being directed, not to where the player *is*, but where she *will be*. This allows the ball to be taken on without loss of ground or time. These passes may be "short," as between two adjacent players; or "long," so as to pass further across the ground; or "through"—that is, between the defense, where the policy of the opponents and the state of the ground recommend the adoption of such tactics.

III. Faults in Forward Play.

Faults arise from:

A. Personal incompetency, caused by incorrect body and stick technique.

B. Faults in tactics.

A. As means of improvement, attention should be directed to personal training as suggested above, so as more usefully to equip all forwards with definite and varied strokes for use on different occasions. Clumsiness in body work is responsible for many missed shots and loss of opportunity. Equal facility in taking the ball on the right or left; ability to place the ball where most convenient for drive or pass; to judge passes and to give them; to shoot hard and to follow up; to dodge and to tackle back are all necessary parts of the preparatory training of a forward.

B. As regards tactics, the following faults are often noticeable:

1. Failure to pass until tackled or beaten by the opponent.

2. In consequence, hasty action in the attempted pass and probably, inaccuracy of direction.

3. Failure to vary type of stroke. Push pass is sometimes desirable, at other times a harder drive is essential; on the other hand, there is no need to add to the difficulty of receiving, by putting too much force behind a short pass.

4. Slackening of pace near the goal, instead of either increasing speed or passing to another forward.

5. Failure to make openings, either for oneself or for other forwards.

6. Lack of understanding between forwards and development of tactics. Co-operative work is often little more than elementary zigzag passing between two players.

IV. Means of Improvement.

Importance of Formation:

A determined advance by a line of five is baffling for the defense in that it is difficult for them to anticipate from which direction to expect the attack. On the other

hand, it provides opportunity for far greater variety in offensive tactics.

Interchange between forward players may be used very effectively, but should not be encouraged until players are well experienced in team play and sufficiently critical to choose the right opportunity. Overdone, the practise leads to confusion and instability.

All forwards need to watch carefully their own position in relation to the ball, and to move forward or backward accordingly so as to avoid possible fouling and unnecessary delay of the game by being in an off-side position.

The open order of the forward line permits individual initiative, without interfering with others; at the same time it allows for easy and skilful combination.

Suggestions for improvement in tactical work include the following:

1. Forwards to make "openings" for themselves and for others by attempting to draw defense, then either passing to another better-placed player, or dodging through, or making use of a "through" pass.

2. Increase in the variety of combinations of play:

   (*a*) Combination between two inners, omitting center.

   (*b*) Combination between wing and center, through inner.

   (*c*) Pass to center from inner or wing being taken by other inner, then returned to center.

   (*d*) Diversity of tactics on part of center half so as to avoid over frequency to one side or player.

   (*e*) Combinaton between half-back and opposite inner; *e.g.,* Right half and left inner.

   (*f*) Combination between half-backs before finding the forward line.

A Method of Interchange for the Defense

By Anne B. Townsend,
Captain of All-American Team, 1923-1925.

As soon as a defensive player has mastered the rudiments of hockey, and has learned the fundamental lesson of being responsible for her opposing forward, the problem that next confronts her is the question of interchanging with her own halves and backs. She must learn when it is necessary for her to leave her own position, where she must go, and how long she must stay in the new position she has taken. In the old days, when both backs played back near their own circle, the question of interchange was not so vital as it is today. But with the game as it is now, this question becomes an ever-present problem. There are several methods of interchange, but I shall only attempt to give one here, hoping that it may help some teams to form their own policies of defense.

As hockey is generally coached today, each member of the defense is responsible for the guarding of an opposing forward; thus:—

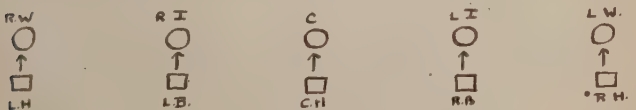


Diagram 1.

But to play all the defense up the field on a line would be dangerous, so the back on whose side of the field the ball is plays up, and the other back drops back to be ready for emergencies. That is, if the opposing left wing or left inner has the ball, the right back marks the left inner closely, and the left back drops back; thus:—

American Right Full-back attacking Irish Center Forward. Notice that American Left Full-back is closely guarding Irish Right Inner and that American Center Half, having been left behind is catching up and will fall in behind Right Full-back as another line of defense. *Photo Courtesy of Boston Herald.*

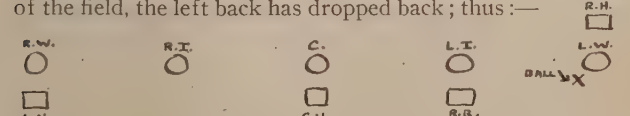
UNITED STATES vs. IRISH TEAM, 1925.

L.B. DIAGRAM 2.

If the right wing or right inner has the ball, the left back comes up and the right back drops back. If the center forward has the ball it is better for the left back to be the one playing back, as in case the center forward passes the center half, it is easier for the left back to be the one to tackle her, being on her stick side.

Look again at Diagram 2. The only forward who is not closely marked is the right inner. But note that a straight pass to her can be intercepted by the center half, and a pass ahead of her will go to the left back.

If forwards never got past the opposing defense this would be all that would be necessary to think about. But a forward has a way of dodging past her opponent, leaving four defense players to mark five forwards. In this case it stands to reason that one forward must be left temporarily unmarked. Which forward shall it be? Naturally, the one who is farthest from the ball and has the least chance for a shot at goal. To accomplish this it is necessary for the defense to shift places; in other words, to interchange. Suppose the left wing, being in possession of the ball, passes the right half. The ball being on the left side of the field, the left back has dropped back; thus:—



L.B. DIAGRAM 3.

To leave the left wing in undisputed possession of the ball would be to give her a clear path to the goal and a free shot. Obviously this is unwise. She must be tackled. The nearest defensive player is the right-back, who leaves her inner and tackles the left wing. This leaves the left inner unmarked, whose nearest opponent is now the center half. It looks now as though it were the job of the center half also to shift one place to her right. But remember that the center half is playing up close to her center forward. Suppose that the left wing, seeing that she is about to be tackled by the right back, makes a pass ahead to her left inner (the obvious pass); thus:—

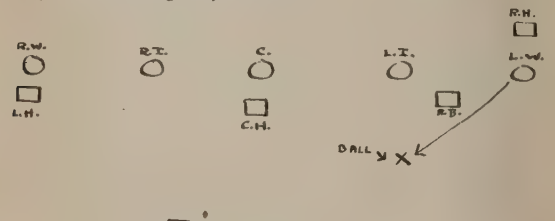


DIAGRAM 4.

Now, if the center half is to be responsible for the unmarked left inner, it means that she must reach the ball before the inner. But the left inner is already on the run, heading in the right direction, while the center half will have to change her direction. Nine times out of ten the inner will get to the ball first, leaving the center half behind, and both left inner and center forward will be left unmarked. But if it is wrong for the center half to try to take the unmarked left inner, who can do it? It is the job of the left back. Look at Diagram 4 again. If the left back starts across the field as soon as the right back moves out to take the left wing, she will either get

to the ball, which is traveling *towards* her, before the inner, or she will be in the line of the left inner's path to the goal, and in a position to tackle her. The left half immediately moves in and takes the right inner, and the unmarked forward is the right wing—the one least likely to receive the ball; thus:—

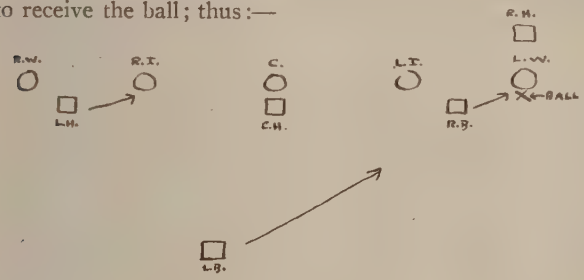


DIAGRAM 5.

If the right wing passes the left half, the left back moves out to the wing, the right back comes across and takes the right inner, and the right half marks the left inner; thus:—

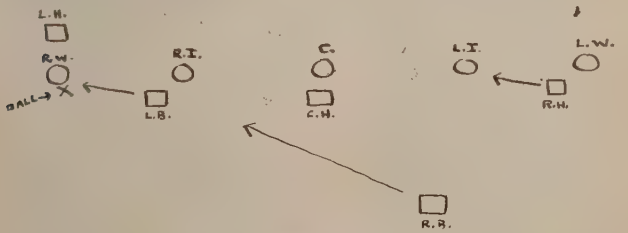


DIAGRAM 6.

This makes provision for either wing half being passed. Suppose the left inner, in possession of the ball, passes the right back. The two defense players nearest to her are the

Job stroke too late. Shows backing up of Center Half by Full-back.

UNITED STATES vs. IRISH TEAM, 1925. **Photo by H. W. Reynolds.**

Full-back robs the Left Inner of the ball and goes through with it.

BOSTON vs. IRISH TEAM, 1925. **Photo by H. W. Reynolds.**

right half and the center half. If the right half moves in to tackle, it leaves the left wing entirely unmarked, with no defense player near her. Therefore it would seem to be the job of the center half to move over and tackle the unmarked left inner. But there are reasons why it is unwise for the center half ever to interchange, except in rare cases. In the first place, the opposing center is apt to be the strongest forward on the team, and in the best position to shoot, so should never be left unmarked for a moment. And in the second place, if an attack is to be effective, it is the job of the center half to back up closely her own forwards. This means that she must not drop back when her forwards are attacking. She must mark her opposing center forward either by being ahead of her, ready to intercept passes coming from the opposing defense, or she must be within a stick's length of her. This makes it very difficult for the center half ever to tackle the inner, as she will never be in the position to tackle her from the front but must do it from the side, which gives the inner a very good chance of outrunning or dodging her. Therefore, if it is unwise for either the right half or the center half to tackle the unmarked left inner, it must be the job of the left back, left half moving over and marking the right inner; thus:—

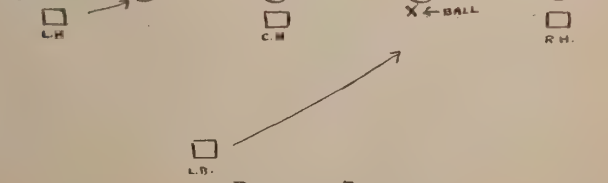


DIAGRAM 7.

If it is the left back that has been passed by the right inner, the positions will be thus:—

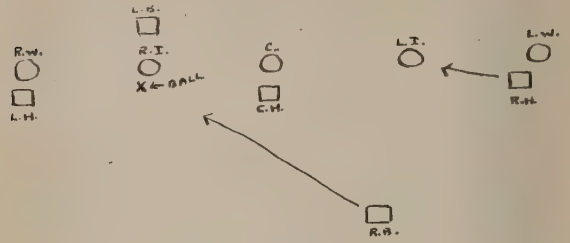


DIAGRAM 8.

There is only one possibility left—the case of the center half being passed by the center forward. In this case it is much easier for the left back to tackle, as she is on the stick side of the forward and does not have to run the risk of interposing. Left half moves in, but also drops back a little to be in a position to intercept a pass either to right inner or right wing, the latter being left unmarked; thus:—

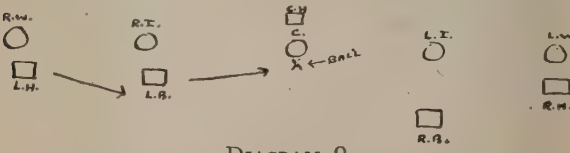


DIAGRAM 9.

In all these cases it is the backs who bear the brunt of interchanging. The reason for this is that while the two backs no longer stand back by their own circle, they are still the main defensive players, and do not back up their own forwards as closely as the halves do. They are therefore in a better position to see, size up, and anticipate the play, and being farther away from the play, have more time to change their positions.

Though being passed by a forward with the ball puts a defense player *temporarily* out of the play, she must not remain so any longer than is absolutely necessary. It is her job to see which opposing player is to be left unmarked, and as quickly as possible to put herself in a position to prevent that player from gaining possession of the ball and from shooting. Once an interchange has been made, backs and halves must mark the opponent of the player whose place they have taken until the ball is well away from the danger zone. If the captain of the team is not a defensive player, it is well to appoint one of the defense to give the word for resuming original positions. Much confusion is avoided in this way.

Choose the foregoing, or some other method of interchange, and practise it constantly, so that each player knows instantly when she should move from her position and where she should go. And above all, emphasize the fact that hesitation is fatal. Whatever a player is going to do, she should do it decisively, otherwise she only succeeds in muddling her own defense and in making them lose confidence in her. It is easier to rectify a decisive mistake than it is to back up a player who is always hesitating.

Interchange is not easy. It takes hard study and much practise, but it is necessary to good hockey, and is one of the most fascinating problems of the game. Anyone who has seen possible goals blocked by a quick shifting of the defense, or who has known the thrill of being a part of a successful interchange, will know what I mean.

A Plan to Help Standardize Umpiring in Your Vicinity

By Elizabeth P. Maris,
Chairman of Umpire Committee of U.S.F.H.A.

I. Formation of an Umpiring Committee of Judges.

The members of this committee may not be very good umpires themselves at first, but can improve by testing each other before and while they examine candidates.

II. Qualifications for a Judge:

A. Prerequisites:

1. Natural leadership ability.
2. Keen analytical power.
3. Ability to see and explain points from several angles.
4. A moderate amount of time and great interest.
5. Courage to give frank, kindly criticisms both favorable and adverse. Adverse criticisms should always be accompanied by constructive suggestions for improvement.
6. Some knowledge of the nature of hockey.

B. Abilities to be cultivated as rapidly as possible:

1. Thorough knowledge of the actual rules.
2. Knowledge of the reasons underlying the rules—their interpretations—when to and not to apply, and *why*.

C. Note—A judge may not know all the intricacies of the game at first, but by "trying out" herself

and seeking the criticisms of others, by studying the rules until they are mastered, by umpiring all the matches and kinds of matches she can find time for, by watching and criticizing other umpires she can rapidly become a competent judge. Meanwhile she should be encouraged to start at once with her natural abilities, stated under "A," as a basis. This means, develop your judges and umpires together. Do not wait to find thoroughly competent judges before beginning.

III. Getting Started:

The Umpiring Committee should meet as early as possible to:

1. Agree on a standard test for all candidates.
2. Agree on and publish dates for the examinations.
3. Try to get clubs' and schools' schedules so that candidates may be seen actually umpiring.

Then

1. Give criticisms immediately following trials.
2. Encourage retrials in the same season. Encourage candidates who pass to work at once toward a higher ranking.
3. Have at least three judges see every candidate; always more than one.
4. Always insist on two umpires for every trial, even if a judge has to take one half the field for a time. One person *can not* adequately cover the ground and should never be encouraged to do so.

IV. Carrying on the Work.

1. Have frequent meetings—at least once a week for the first month.
   At these times discuss in detail and vote on candidates' ranking. Notify candidates at once in writing, issuing an official card, also enclosing a summary of criticisms.
2. There should be weekly or fortnightly meetings of the committee with the candidates. At these, written examinations may be given and a lecture or a discussion on problems of umpiring will be found helpful. These meetings can precede the business ones in the same evenings.

V. A Suggested Questionnaire for the Use of Judges in Reporting Candidates' Abilities:

Grades: Over 80, "B."
Over 70, "C."
Over 60, "D."
Below: No ranking.

Personality—25 points.

1. Does she act decisively and make her decisions clear?
2. Does she inspire respect and confidence?
3. Does she have the attitude of an "assistant to" rather than "boss of" the players?

Written Examination on Rules and Interpretations—25 Questions—25 Points. Skeleton Examples:

1. If .... occurs, what decision should you make?
2. The ball goes over the side line by "A;" what happens?

3. On a bully, how near should other players than those bullying stand?

Technique—Total 50 Points.

1. Are obvious fouls (kicks, sticks, etc.) recognized?
2. Are less obvious fouls (undercutting, hooking, lifting, striking) recognized?
3. Are turning and obstruction recognized?
4. Is off-side recognized?
5. Are correct corner, roll-in and bully decisions made?
6. Is the position of the umpire on the field correct?
7. Is the whistle "held" when a foul is committed by one side but the other side is already gaining more advantage than it could by stopping and taking the decision in its favor?
8. Do the two umpires take each other's alley decisions?

VI. Using the Questionnaire:

1. Mark on paper the number of correct and incorrect decisions made by the candidate in the practical examination.
2. Each judge should mark independently then check up with the others and give opinions to the candidates before leaving the field. At half time also, if possible, so that points may be worked on at once.

VII. Send Your Results to the U.S.F.H.A. Umpiring Committee care of E. P. Maris, 29 E. Penn St., Germantown, Philadelphia, Pa.

If you develop any national standard umpires, try to have them attend the annual tournament to receive a National "A" or "B" rating. Or, if this is impossible, tell the U.S. Committee, for sometimes arrangements can be made to see such candidates and ratings made other than at the tournament.

SUMMARY OF UMPIRING TO DATE.

National "A" 5
National "B" 3

Active Local Committees, 2, with a total of about 30 qualified umpires in Boston and Philadelphia.

New Local Committees beginning to function, 3, in Chicago, New York, and Fairchester.

How soon will YOUR locality be on the list? Umpiring is a very large and indispensable factor in developing hockey of really good quality.

Hockey Played in Halves, Not Quarters

By Constance M. K. Applebee,
Editor of "The Sportswoman."

There has been some attempt by hockey players not so largely experienced in the fundamental technique of field hockey, to introduce a system of quarters instead of halves for match play. This means that a match game would be broken into four fifteen or even ten-minute periods of playing time, instead of playing straight through two halves of twenty-five or thirty minutes each.

Personally, I have noticed when umpiring games played in this way that there is a tendency for the players to depend on their heels rather than their heads. The chief aim of the players who realize that the time is short seems to be to rush the ball down the field toward the goal. They generally take it down the center, there being no time to trouble about much wing play. Though both attackers and defenders are congested in the circle the attackers seem to think that, in the excitement of a scuffle around the goal, the ball may somehow be pushed through an opening, and a goal be scored. Then, breathless, the players rush back to the center line and are ready for another wild dash. It is no wonder that their wind will hold out only until quarter-time is called. This may be an excellent exhibition of the oldtime game of "shinny," but it could not be dignified by the name of hockey.

For the real enjoyment and the finished playing of hockey a feeling of hurried excitement does not help to give the game the best playing conditions. While it is true that a quick pair of heels is an asset, skill and strategy are, after all, the making of the game for the initiated. For a

beginner who first finds herself in the midst of a game the novelty of rushing up and down the field gives her a crude form of pleasure, for to her hockey is still an unknown experience; but unless she is taught from the very beginning to "use her head and save her heels," her game will never develop into first or even second-class hocky. Nothing teaches a player this as quickly as to face the fact that she must control her energy so that she may have plenty in reserve when she is suddenly called upon for a spurt during any time of the half.

But apart from the effect of short playing periods on the game itself, the physical and nervous strain of short periods of play make hockey, played in this way, a particularly bad game for girls of school age. Teams that can not develop a safe type of hockey would be wiser if they cut out hockey entirely from the athletic program.

It is a well known fact that races which cause the most strain are not the short sprints and not the long distance runs, but the in-between races which have all of the elements of the strain of a sprint plus the strain of the long distance runs, since they call for the high speed kept up for the time of an endurance period. Hockey played in quarters means just this; that the game is played all the time at high speed, with little let-up until the end of the fifteen minutes comes. Then, after a brief rest, not really long enough to give a real physical rest, the rush begins again. After four periods of this form of playing the player is bound to come off the field more exhausted than if she had learned to play steadily for twenty-five minutes controlling her movements and thus establishing reserve strength.

Added to this actual physical strain is the nervous exhaustion that comes with the tense excitement of short

periods. One advocate of short periods states as a reason for this form of play that the game is much more exciting for the spectators when played in short, snappy periods. Nothing is more wearing physically than tense excitement. Ten minutes of intense nervous excitement is far more exhausting, and especially so in the case of young people, and takes longer to recover from, than half an hour of good steady physical work. Basketball, which is played in a small area, is a totally different matter; but in hockey, with the long distances to be covered, the game must be played on the same lines as long distance running, with the emphasis placed on reserve and control and on strategy rather than on rushing up and down until one is "all-in," and then snatching a minute or two of time-out just to get breath to start another wild race against time.

Another factor to consider is that woman's entrance into modern sport demands speed tempered with endurance. Modern games can no longer be played "on nerve," as women in the past used to boast of their ability to do. And of all the lessons that games have taught women, this lesson of the value of physical and nervous reserve and control, and the power to obtain it, is surely one of the greatest.

Results of U.S.F.H.A. Tournaments

1922—Held under the auspices of the Philadelphia F.H.A. Teams entered: Boston, Chicago, Etcetera Team (not competing). Philadelphia, Richmond, English Coaches (not competing). Winner, Philadelphia; second, Boston.

Membership: 4 Local Associations, 24 Active Members, 65 Allied Members.

1923—Held under the auspices of the Philadelphia F.H.A. Teams entered: Boston, Baltimore, Chicago, New York (2 teams), Philadelphia (2 teams), English Coaches (not competing). Winner, Philadelphia; second, New York.

Membership: 6 Local Associations, 34 Active Clubs, 66 Allied Members. Roll call at General Meeting, 19 Clubs responded.

1924—Held under the auspices of the New York F.H.A. Teams entered: Baltimore, Boston, Fairchester (2 teams), New York (2 teams), Philadelphia (2 teams), English Coaches (not competing). Winner, Philadelphia; second, Baltimore.

Membership: 6 Local Associations, 37 Active Clubs, 63 Allied Members. Roll call at General Meeting, 18 Clubs represented.

1925—Held under auspices of the Boston F.H.A. Teams entered: Baltimore, Boston (2 teams), Chicago, Fairchester, New York, Philadelphia, English Coaches (not competing), Irish Team (not competing). Winner, Philadelphia; second, New York.

Membership: 8 Local Associations, 44 Active Clubs, 85 Allied Members. Roll call, 24 Clubs represented.

1925—Held under the auspices of the Chicago F.H.A. Teams entered: Chicago (2 teams), Cincinnati, Etcetera Team, Madison Hockey Club, St. Louis, Urbana Hockey Club.

No winner as circumstances prevented tournament from being either an "elimination" or a "round robin" tournament.

The Fourth Annual Intercity Hockey Tournament

November 24-28, 1925.

With the Boston Field Hockey Association as host, the Wellesley College fields as location, and teams from Baltimore, Boston, Chicago, Fairchester, New York and Philadelphia as participants, the Intercity Tournament of 1925 was held during Thanksgiving week. Trials for the All-United States Team were scheduled for Monday and Tuesday mornings, so that, although the tournament did not actually begin until Tuesday afternoon, by Sunday evening a score of hockey players had descended, bag and baggage, upon Wellesley.

The experiment of holding trials was tried for the first time in 1925 and proved a great success. About twenty-five players, members of the city teams, or of organizations affiliated with the U.S.F.H.A., were on hand to play both mornings, while the Selection Committee observed, judged and shivered on the side lines The gathering presented what is known as a "colorful scene," due to the variety of shade in the tunics and "pinnies," and though the artistic eye might have been offended by the juxtaposition of red and orange or yellow, green and bright blue, the effect was brilliant, though confusing.

The Intercity Tournament began with the Fairchester-Philadelphia match on Tuesday and ended with the finals between New York and Philadelphia on Friday. The summary:

First Round—Boston 9, Chicago 1; Philadelphia 16, Fairchester 0; New York and Baltimore drew byes.

Back row (left to right)—V. Brokaw, M. L. Gibbons, H. Rice, C. May, E. Brooks, R. Hoover, W. Meissner. Front row—M. Bruckheimer, L. Styer, E. Sullivan, E. Carling, C. Cody, R. Hardie.

Photo by H. W. Reynolds.

NEW YORK TEAM, 1925.

American Left Full-Back goes over to tackle Irish Right Wing.

UNITED STATES vs. IRISH TEAM, 1925.

Photo Courtesy of ***Boston Herald.***

SEMI-FINALS—New York 5, Boston 4; Philadelphia 12, Baltimore 0. FINAL—Philadelphia 12, New York 0.

A Loser's Tournament was also held, and special matches, beginning with the English Coaches vs. New York on Tuesday, and ending with the game between Ireland and the 1925 U.S. team on Saturday, were played during the week. The summaries:

LOSER'S TOURNAMENT—Fairchester 4, Chicago 1; Boston won from Baltimore (by toss of coin; game canceled); Boston 7, Fairchester 4. *Other Losers' Games*—Chicago 4, Boston 2d 1; Chicago 1, Baltimore 0; Baltimore 5, Boston 2d 3.

SPECIAL MATCHES—Coaches 10, New York 0; Coaches 10, Boston 2d 1; Ireland 9, Boston 1; Coaches 3, Philadelphia 3; Coaches 4, U.S. Reserves 1; Ireland 2, All-United States 0.

Though there is still much for us all to learn, the games showed a decided improvement over the play of even the previous year, and no one who has been interested in or worked for the development of hockey could have failed to have been encouraged and thrilled by the visible results of the work of the last four years.

As the guests of the Boston Association two of the city teams were put up at the Woodland Golf Club and three at the old Natick Inn. It was an arrangement which furnished the teams with the opportunity of meeting off the hockey field, gave the players the chance of getting to know players from other cities, provided time for hockey discussions and exchange of ideas, and produced a general spirit of co-operation and friendliness that was one of the features of the tournament.

The accommodations at Wellesley were more than could have been desired by even the most critical. The college

provided us with two splendid fields, in the best of condition, with sixty dressing rooms and showers in the gymnasium right beside the fields, with a hockey office and with rooms for the various meetings which were held almost continuously. And each day luncheon was served at the Shakespeare clubhouse on the campus.

On Friday evening the Boston Association was the host at a hockey banquet—a very merry party, enlivened by speeches, songs and the announcement of the 1925 U. S. Team and Reserves. In addition to the city teams the Irish team and the English Coaches were also present, and we were more than glad that they were there to add to the occasion and share its fun.

At the conclusion of the Irish-U.S. match on Saturday afternoon the tournament came officially to an end, and we were forced to face the fact that now we should have to look back on, instead of forward to, the 1925 tournament. But though its events are over, its effect and influence on hockey are just beginning. We who were fortunate enough to see its hockey, to share its fun and to feel its spirit of comradeship and sportsmanship, have come away with renewed energy and enthusiasm, and the desire to pass on to others what it gave us.

To the Boston Association and to Wellesley College we wish to express our gratitude and thanks for the wonderful week, and one which has done, and will do, a great deal towards promoting and spreading the kind of hockey that we all want.

International Competition and Tour of the Irish Team, 1925

From the forming of the U.S.F.H.A. in 1922—and even prior to that date—international competition has held an important place in the development of field hockey in America. The plan sponsored by the association is some sort of international competition every two years, but alternating between this side of the Atlantic and the other. This means that every fourth year a foreign team should come here, every fourth year an American team should go across the other side. In 1921 the first English team to tour America played a series of games in the East and caused a marked increase in enthusiasm for the game. In 1924—this really represents the season of 1923 in America—a touring team went to the British Isles and to France.

In 1925 the Irish touring team visited us and made a triumphal procession from east to west, from north to south. Madison, Wis.; Richmond, Va.; Boston, Mass., represent the farthest points in their travels, but the intervening cities were covered as far as possible. They played thirteen games in all.

The total of goals scored by them was 100; against them, 9. There were three games, however, that cannot be looked upon as too easy for our visitors. Early in the tour they played Vassar College with a score of 2-1, about the middle All-Philadelphia held them 3-2, and toward the end the All-United States team for 1925 ended their game with a score of 2-0 in favor of the Irish. These scores show that our general play and defensive strength have improved very much, but we must develop more attacking strength if we are ever to have a chance in international competition.

United States Field Hockey Association

CONSTITUTION.

ARTICLE I—NAME.

This Association shall be known as the "UNITED STATES FIELD HOCKEY ASSOCIATION," and only organizations composed of amateurs shall be eligible for membership. (An amateur is one who does not play hockey for money.) For administrative purposes the component organization shall also be formed into affiliated Local Associations.

ARTICLE II—MEMBERSHIP.

SECTION 1. Membership shall consist of Active and Allied members:

1. Active: Organizations having voting power in the U.S.F.H.A. These shall be clubs and similar organizations playing a minimum of four matches per season with other teams. These organizations may be affiliated through a Local Association or may belong directly to the U.S.F.H.A.
2. Allied: Colleges, Preparatory Schools and organizations which do not comply with Active-Membership requirements. They shall have no voting power in the U.S.F.H.A., but may send delegates to General Meetings.
3. Honorary: Individuals who shall not have voting power or be required to pay dues.
4. Life:

   Class A. Active or Allied Members.

   Class B. Individuals who desire to encourage and support the aims of the Association.

SEC. 2. Any organization which has been elected an active member of an affiliated Local Association shall, *ipso facto*, on payment of dues, become a member of the U.S.F.H.A. Applicants for membership shall, preferably, be admitted through Local Associations, according to the terms of the first paragraph of this Section. In exceptional cases, however, they may be admitted by action of the Executive Committee of the U.S.F.H.A., on application to the Secretary. Honorary members shall be elected by the Executive Committee. Life members may be proposed and seconded in writing to the Executive Committee by any two individuals belonging to organizations affiliated with the U.S.F.H.A.

ARTICLE III—LOCAL ASSOCIATIONS.

Local Associations may be comprised of any number of organized teams which are within playing distance of each other. But each Local Association *must* have a minimum membership of three *club teams.*

Within the U.S.F.H.A. no Association or combination of members shall be formed without the sanction of the Executive Committee of the U.S.F.H.A. Associations and their component members shall be bound by the Constitution and By-Laws of the U.S. F.H.A. and the playing rules as endorsed by the U.S.F.H.A. Each Local Association must have its Constitution and all amendments thereto approved by the Executive Committee of the U.S.F.H.A.

ARTICLE IV—OFFICERS AND EXECUTIVE COMMITTEE.

The affairs of the U.S.F.H.A. shall be conducted by a President, two Vice-Presidents, a Secretary and a Treasurer, and an Executive Committee composed of these officers and one representative from each affiliated Local Association. The Executive Committee shall have the power to co-opt members at large. One-fourth of the members on the Executive Committee shall form a quorum. The President shall, *ex officio,* act as Chairman of the Executive Committee.

ARTICLE V—GENERAL MEETINGS.

The Annual General Meeting of the U.S.F.H.A. shall be held each year at the National Tournament. If there is no tournament, the time and place of meeting shall be designated by the Executive Committee. A Special General Meeting may be called at any time by the Executive Committee. At least 30 days before the meeting a written notice shall be sent out notifying all clubs.

Before every General Meeting there shall be a meeting of the Executive Committee.

ARTICLE VI—VOTING.

At all General Meetings, Active Members, represented by playing members, shall be entitled to one vote per unit. Each officer and past President shall, *ex officio,* be entitled to a vote at all General Meetings. The President, however, shall vote only in case of a tie. Voting may be done by proxy. One-third of the total voting strength shall constitute a quorum, irrespective of the number of persons present.

ARTICLE VII—ELECTION OF OFFICERS.

The President, Vice-Presidents, Secretary and Treasurer shall be elected annually at the Annual General Meeting of the Associa-

tion. All elections shall be made by ballot. Any person belonging to an organization affiliated with the U.S.F.H.A. shall be eligible for office, and may be proposed and seconded by any two other persons. The names for all candidates for office, together with those of the proposers and seconders, shall be forwarded in writing to the Secretary at least 21 days previous to the meeting. The Secretary shall send a full list of all nominees to each club 14 days before the meeting. The Executive Committee shall have the power to fill any vacancy that may occur in its body during the year, except in the case of representatives, who shall be replaced by the Local Association concerned. The representatives shall be selected by the Local Associations which they represent. Each representative must live in the section which she represents. On her removal outside the bounds of such section her place shall become vacant.

ARTICLE VIII—DUES.

As dues for the current season, each Local Association shall pay, annually, by November 1st, to the U.S.F.H.A. the sum of $3.00 for each of its Active Members, and $1.00 for each Allied Member. Active Members not affiliated with a Local Association shall pay $3.00 annually direct to the U.S.F.H.A.; Allied Members not affiliated with a Local Association shall pay $1.00 annually direct to the U.S.F.H.A. Active and Allied Life Members shall pay the sum of $50.00, the principal of which shall be deposited as a sinking fund, the income to be used for current expenses. Individual Life Members shall pay the sum of $25.00.

ARTICLE IX—CLUB LISTS.

The Secretary of each Local Association shall forward to the Secretary of the U.S.F.H.A. by October 1st of each year her name and address, the name and address of the representative on the U.S.F.H.A. Executive Committee, and a complete list of all members designating to which class of membership each belongs.

ARTICLE X—PLAYING QUALIFICATIONS.

In International matches the qualifications shall be American citizenship. In Local Association matches, the qualifications shall be American citizenship or continuous residence in the United States for the preceding two years. No player shall represent more than one Local Association in the same season, even as a substitute, and shall represent only the Local Association of which her team is a member. Only persons belonging to organizations affiliated with the U.S.F.H.A. shall be eligible to play in International or Local Association matches. Only teams representing a Local Association or Local Associations may compete in a National Tournament.

ARTICLE XI—DISCIPLINE.

In the event of misconduct by any club, official or member, the Local Association shall have the power to deal with the matter as it thinks fit; but any such offender shall have the right to appeal to the Executive Committee of the U.S.F.H.A., whose decision shall be final. Offending Local Associations shall be dealt with by the Executive Committee of the U.S.F.H.A.

ARTICLE XII—AMENDMENTS.

Amendments to this Constitution may be made at any General Meeting by a vote of at least two-thirds of all votes cast, provided that at least 21 days before such meeting a notice of the proposed amendment be sent in writing to the Executive Committee and forwarded by it to each voting member of the U.S.F.H.A. 14 days before such meeting. By-Laws may be amended under the same provisions.

BY-LAWS.

ARTICLE I—TOURNAMENTS.

There shall be an annual National Tournament, in which teams representing Local Associations shall compete. The Executive Committee shall designate the time and place for such a Tournament, and shall have the power, if necessity arises, to cancel the tournament for any one year.

Rules for the National Tournament shall be drawn up annually by the Executive Committee, and shall be sent out to all Local Associations six weeks prior to the Tournament.

ARTICLE II—ALL-UNITED STATES TEAM.

The All-United States Team and substitutes shall be chosen by a Selection Committee, and after the team is chosen, the Captain shall be elected by the team. After the election of the Captain, the Selection Committee shall remain in office as an Advisory Committee. In the event of a tour, the Selection Committee shall appoint certain members of the team to serve in this capacity. No girl attending preparatory school, or under eighteen years of age, shall be eligible for the All-United States Team.

ARTICLE III—SELECTION COMMITTEE.

The Selection Committee for the All-United States Team shall be chosen annually by the Executive Committee of the U.S.F.H.A. Every member of the Selection Committee shall see as many

matches as possible. Every Inter-Local Association match should be watched by at least two members of the Selection Committee.

ARTICLE IV—COLORS.

The All-United States uniform shall be blue tunic, insignia in shape of shield with bald eagle and red U.S.F.H.A. on white background.

Local Association colors must be approved by the U.S.F.H.A.

ARTICLE V—DUTIES OF OFFICERS.

SECTION 1. The President shall preside at all meetings and have general charge of the business of the Executive Committee. She shall appoint all sub-committees of which she shall be a member *ex officio*. She shall have the right to discuss all questions, and to vote in case of a tie.

SEC. 2. The First Vice-President shall, in the absence of the President, assume her duties.

SEC. 3. The Secretary shall give proper notice and keep the minutes of all the meetings, and shall conduct and preserve copies of all correspondence. She shall keep a register of all members, which she shall communicate to the Treasurer, and shall notify her of any changes in the same. She shall send to each Local Association Secretary and to each directly affiliated Member copies of the Constitution and By-Laws and they shall be bound thereby. She shall also send them minutes of all Executive Committee meetings.

SEC. 4. The Treasurer shall collect and receive, by November 1st of each year, all dues, and shall keep an account of all money received and expended. She shall make such disbursements as shall be approved by the Committee. She shall present a report at all General and Executive Committee meetings, and at the Annual General Meeting shall present a report for the year.

Affiliated Local Associations

BALTIMORE-WASHINGTON FIELD HOCKEY ASSOCIATION.

President, Mrs. Charles Boehm; *Vice-President*, Miss G. Plumbe; *Treasurer*, Miss D. Corning; *Secretary*, Miss Rebecca Marshall, St. Paul Apts., St. Paul St. and Mount Royal Ave., Baltimore, Md.

ACTIVE MEMBERS:

Baltimore Country Club.
Independent Club.
Mount Washington Club.
Washington Club.

BOSTON FIELD HOCKEY ASSOCIATION.

President, Miss Bessie Rudd; *Treasurer*, Miss Helen Sherman; *Secretary*, Miss Louise Sewall, 238 Bacon St. Waltham, Mass.

ACTIVE MEMBERS:

Freebooter Redtops.
Freebooter Whitetops.
Commonwealth Club.
Lexington Club.
Motley Club.
Wellesley Faculty Hockey Club.

CHICAGO FIELD HOCKEY ASSOCIATION.

President, Mrs. Edgar Francis Burch; *Vice-President*, Miss Nellie Bussell; *Treasurer*, Miss Mary Tabor; *Secretary*, Miss Frances Thorne, 1130 Lake Shore Drive, Chicago, Ill.

ACTIVE MEMBERS:

American College of Physical Education.
Applebee Club.
Chicago Normal College.
Columbia School of Physical Education.
Evanston.
Lake Forest.
Midway.
North Side.
Winnetka.

CINCINNATI FIELD HOCKEY ASSOCIATION.

President, Miss Helen Coops; *Secretary,* Miss Helen H. Taylor, Withrow High School, Cincinnati, Ohio.

ACTIVE MEMBERS:

Club A.
Club B.
Club C.

FAIRCHESTER FIELD HOCKEY ASSOCIATION.

President, Miss Rena Bixler; *Vice-President* and *Treasurer,* Miss Martha Hollister; *Secretary,* Miss Jean Ware, R. F. D. 55, Springdale, Conn.

ACTIVE MEMBERS:

Greenwich Hockey Club.
Stamford Junior League.
Westchester.

NEW YORK FIELD HOCKEY ASSOCIATION.

President, Miss W. Meissner, *Vice-President,* Miss Claire May; *Treasurer,* Miss Grace Apple; *Secretary,* Miss Anna Toomey, 130 East 57th St., New York City.

ACTIVE MEMBERS:

Carroll Club.
Corinthian.
Cosmopolitan.
Green Field.
Knickerbocker.
New Amsterdam.
New York Edison.
New York League of Girls Clubs.
Tapawingo Club.
White Plains.

PHILADELPHIA FIELD HOCKEY ASSOCIATION.

President, Miss Marjorie Taylor; *Vice-President*, Miss Anne Townsend; *Treasurer*, Mrs. E. B. Krumbhaar; *Secretary*, Miss Elliott Wiener, 401 West Chelton Ave., Germantown, Pa.

ACTIVE MEMBERS:

Germantown Cricket Club.
Main Line Club.
Main Line Club, Second Team.
Merion Cricket Club.
Merion Cricket Club, Second Team.
Manheim Hockey Club.
Philadelphia Cricket Club Reds.
Philadelphia Cricket Club Yellows.
Moorstown Hockey Club.
Sargent Hockey Club.
Saturday Morning Hockey Club.
Swarthmore Hockey Club.

ST. LOUIS FIELD HOCKEY ASSOCIATION.

President, Miss Virginia Gordon; *Secretary*, Miss Anne Strassner, 1425 Bruce Ave., Webster, Mo.

ACTIVE MEMBERS:

Clayton High School.
John Burroughs School.
Mary Institute.
The Principia.
St. Louis Hockey Club.

Allied Members of the U.S.F.H.A.

(Some through Local Associations, others at Large.)

PENNSYLVANIA

Academy of the Holy Child, Sharon Hill.
Agnes Irwin School, Philadelphia.
The Baldwin School, Bryn Mawr.
Beaver College for Women, Jenkintown.
Bryn Mawr College, Bryn Mawr.
Cedar Crest College, Allentown.
Darlington Seminary, Philadelphia.
Friends' Central School, Philadelphia.
Friends' Select School, Philadelphia.
Germantown Friends' School, Germantown.
George School, George School.
Gordon-Roney School, Philadelphia.
Greene St. Friends' School, Philadelphia.
Holman School (The), Philadelphia.
Mary Lyon School, Swarthmore.
Oak Lane Country Day School, Oak Lane.
Ogontz School, Rydal.
Penn Hall, Chambersburg.
Pennsylvania State College, State College.
Provident Trust Co. of Philadelphia.
St. Leonard's Academy, Philadelphia.
Miss Sayward's School, Overbrook.
Shady Hill Country Day School, Chestnut Hill.
The Shipley School, Bryn Mawr.
Springside School, Chestnut Hill.
Stevens School, Germantown.
Swarthmore College, Swarthmore.
Temple University, Philadelphia.
Thorne School, Bryn Mawr.
University of Pennsylvania, Philadelph[illegible].
Westtown School, Westtown.
Wilson College, Chambersburg.
Miss Wright's School, Bryn Mawr.

MASSACHUSETTS

Abbott Academy, Andover.
Boston School of Physical Education, Boston.
The Bouv School of Physical Education, Boston.
Dana Hall, Wellesley.
Lasell Seminary, Auburndale.
Mount Holyoke College, South Hadley.
Newton High School, Newtonville.
Radcliffe College, Cambridge.
Sargent School of Physical Education, Cambridge.
Smith College, Northampton.
Walnut Hill School, Natick.
Wellesley College, Wellesley.
Wheaton College, Norton.

NEW YORK

Miss H. Ballantine, Vassar College.
College of the Sacred Heart, Manhattanville.
Metropolitan Hockey Club, New York.
Vassar College, Poughkeepsie.

MISSOURI

Central High School, Kansas City.
Hosmer Hall, St. Louis.
Washington University, St. Louis.
Westport High School, Kansas City.

CONNECTICUT

Mrs. Day's School, New Haven.
Connecticut College for Women, New London.
Westover School, Middlebury.

MARYLAND

The Bryn Mawr School, Baltimore.
Hood College, Frederick.
Roland Park Country Day School, Baltimore.

ILLINOIS

University of Chicago, Chicago.
University of Illinois, Urbana.
Northwestern University, Evanston.

OHIO

Oberlin College, Oberlin.
Miami University, Oxford.
Western Reserve University, Cleveland.

INDIANA

Earlham College, Richmond.
St. Mary-of-the-Woods College, St. Mary-of-the-Woods.

IOWA

Iowa State Teachers College, Cedar Falls.
Iowa State College, Ames.

WISCONSIN

Madison Hockey Club, Madison.
University of Wisconsin, Madison.

WASHINGTON

State College of Washington, Pullman.
University of Washington, Seattle.

One from each of the following:

University of Vermont, Burlington, Vt.
Kent Place School, Summit, N. J.
Miss Hebb's School, Wilmington, Del.
North Carolina College for Women, Greensboro, N. C.
Battle Creek College, Battle Creek, Mich.
Kansas State Teachers College, Emporia, Kans.
Colorado College, Colorado Springs, Colo.
University of South Dakota, Vermilion. S. D.

SAMPLE FIELD HOCKEY SCORE SHEET.

Brown School (7) vs. Red Rovers (6)

NAMES OF PLAYERS	First Half	Second Half	POSITIONS	NAMES OF PLAYERS	First Half	Second Half
C. Jones	X		Right Wing	R. Ross | A. Jones	X	X
S. Little			Inside Right	C. Fort	X	
C. Carter	X	X	Center Forward	J. Taylor		X
J. Side | E. Brown	X[B]		Inside Left	H. Grey		
G. Cole		XX	Left Wing	S. Stuart	X	
L. Dann	X		Right Half	L. Carns | C. Dart		
S. Simons			Center Half	C. Parke		X
A. Barton			Left Half	F. Frost		
C. Wade			Right Back	K. Able		
B. Wade			Left Back	M. Colt		
L. Dayton			Goalkeeper	S. Brown		
TOTAL	4	3		TOTAL	4	2

Where substitute scores a goal indicate by her initial.

SUBSTITUTES E. Brown for J. Side

SUBSTITUTES C. Dart for L. Carns
A. Jones for R. Ross

WHERE PLAYED Brown School

DATE Oct. 8, 1921

UMPIRES E. C. Evans and M. D. Richards

TIME OF HALVES 30 minutes

SCORERS J. T. Bruce and A. Smith

TIMEKEEPERS B. Wayne & E. Elmer

Field Hockey Score Books—50 games, 50 cents—at all Spalding stores or from
American Sports Publishing Company, 45 Rose Street, New York.

Field Hockey Sticks

Spalding Field Hockey Sticks are the finest produced. They are made in our English factory at Putney, London, under the direction of an expert Hockey player.

Only the choicest quality English Ash is used. The sticks are hand finished by expert workers, with the result that they are unequalled for strength, correct balance and driving qualities.

The heads—Bulger style—are made to correct English pattern especially designed to meet the demands of our women's colleges, schools, clubs and industrial organizations.

THE SPALDING-APPLEBEE

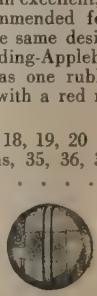
The Spalding-Applebee is the perfect stick for the expert player. The handle is of selected built-up cane with double rubber insert, insuring just the correct "give." It is finished with a black rubber corrugated grip, to prevent slipping.

The weights are 18, 19, 20 and 21 ounces. Lengths, 35, 36, 37 and 38 inches. **$7.50**

THE CLUB-APPLEBEE

The Club-Applebee is an excellent, evenly balanced stick, recommended for general play. It is of the same design and balance as the Spalding-Applebee but the cane handle has one rubber insert and finished with a red rubberized grip.

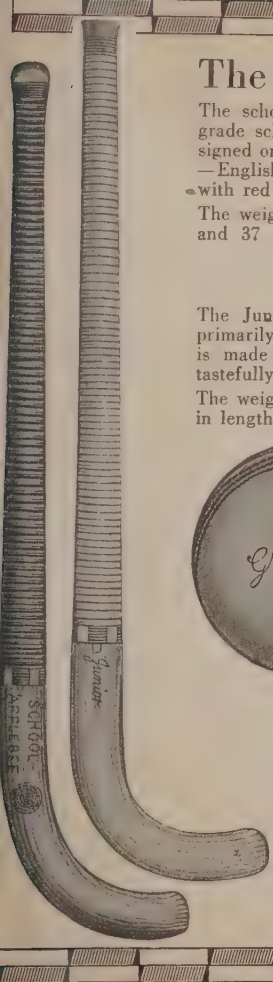
The weights are 18, 19, 20 and 21 ounces. Lengths, 35, 36, 37 and 38 inches. **$5.00**



Cross-Section of Handle

All prices subject to change without notice. All orders will be accepted only subject to our ability to supply goods.

See list of Spalding Athletic Goods Stores on inside front cover of this book.



The School-Applebee Stick

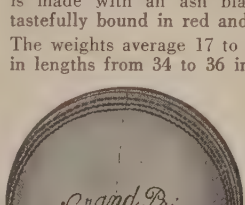
The school is a very popular practice stick for junior grade schools and the younger club players. It is designed on the same lines as the Spalding-Applebee stick —English Ash, built-up cane handle, and finished off with red and white whipping.

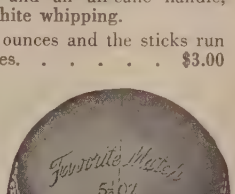
The weights are 18, 19 and 20 ounces. Lengths, 35, 36 and 37 inches. $3.50

The Junior Stick

The Junior is a well-constructed stick, recommended primarily for junior school and high school players. It is made with an ash blade and an all-cane handle, tastefully bound in red and white whipping.

The weights average 17 to 19 ounces and the sticks run in lengths from 34 to 36 inches. $3.00





FIELD HOCKEY'S BEST BALL

No. 7. *GRAND PRIX.* Imported White leather with Cork centre. This ball is the same manufacture as the English Red Cricket ball. We guarantee it to give satisfactory service. $6.00

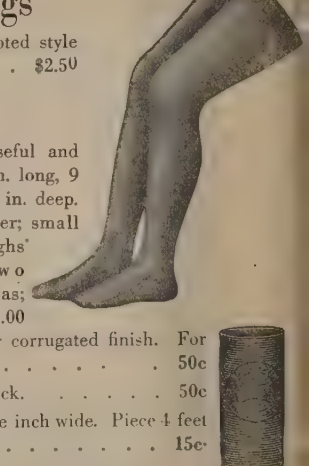
FAVORITE MATCH

A full size ball of excellent playing qualities. Regulation weight, 5½ ounces. Horsehide cover, triple seamed. Cork and hemp filling. Painted White. $4.00

All prices subject to change without notice. All orders will be accepted only subject to our ability to supply the goods.

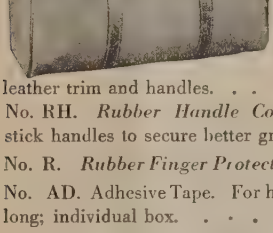
See list of Spalding Athletic Goods Stores on inside front cover of this book.

Field Hockey Stockings



Specially made, extra high stockings—the accepted style for hockey uniforms $2.50

Carry-All Bag

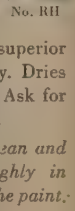


No. 5B. A useful and handy bag 19 in. long, 9 in. wide and 9 in. deep. Rip-lock fastener; small padlock. Weighs less than two pounds. Canvas; leather trim and handles. $5.00

No. RH. *Rubber Handle Cover.* Smooth or corrugated finish. For stick handles to secure better grip. 50c

No. R. *Rubber Finger Protector.* Fits any stick. 50c

No. AD. Adhesive Tape. For handle grip. One inch wide. Piece 4 feet long; individual box. 15c



No. RH

Spalding Field Hockey Paint

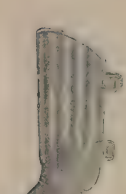
For painting hockey balls. A superior enamel paint of proven durability. Dries quickly. Will not chip or crack. Ask for No. 8. Bottle, 25c; Pints, $2.00.

NOTE—To keep your brushes clean and in good condition, wash thoroughly in turpentine after using, removing the paint.

Field Hockey Goals

Imported from our English factory. Regulation size—12 by 7 feet. Made up with white enamel cross-bar and uprights; back poles with lines and runners, two nets of best quality hemp, steam tarred, strong and durable. . . . . Set, $45.00

Spalding Field Hockey Protective Equipment



No BO

SHIN GUARDS

No. BO. Black leather, over reed frame with full cotton batting filling, giving thorough protection. Attention is called to the safety extension over instep. Leather straps and buckles; web strapping under instep. Made in Spalding's English factory. $3.00

No. FS. Black canvas over reed frame, with extra cotton batting filling, thoroughly protects. Leather straps and buckles; web strapping under instep. $2.00

No. FS

LEG GUARDS

No. WLG

No. WLG. Stout—but not too bulky—white canvas. English pattern, correct length for girls. Extra reed and pad protection; strap-and-buckle fastenings. An all-round superior guard. $6.00

No. KE. *Elastic Knee Pad.* Combined leather covered roll style knee pad; elastic reinforcement which gives additional support. $4.50

FIELD HOCKEY GLOVES

No. GS

No. GS. *Goal Keepers' Gloves.* Chocolate horsehide leather; tufted palm of pearl chrome horsehide. Diamond shaped knuckles of white leather. Leather pads on fingers and wrist; well stuffed with best quality hair and Java. Cuff reinforced at front with reeds and at back with 8 well padded leather rolls. $17.00

No. G3. Fingerless; reinforced palms; perforated backs. $1.50

No. 1. *Field Gloves.* For Defense and Forward play. Chocolate horsehide leather; ventilated palm. Cuff reinforced with reeds and finger and wrist pads well stuffed. White leather diamond-shaped knuckles; three pads on thumb. . $10.00

All prices subject to change without notice. All orders will be accepted only subject to our ability to supply the goods.

See list of Spalding Athletic Goods Stores on inside front cover of this book.

Field Hockey Uniforms

As England is the home of field hockey, owing to the greater familiarity that long experience of playing the game has given her, A. G. Spalding & Bros. have, frankly speaking, adopted many of the English ideas of hockey costuming.

A. G. Spalding & Bros. are in close touch with the leading British coaches who come to this country each year for the International Field Hockey Tournaments, and are able to gain intimate knowledge of the details pertaining to the official English uniforms. These are modified to meet the requirements of the American coaches, who understand the needs of our girl and women players.

The following BULLETIN, for this season, is issued from our field hockey uniform department:

"The most satisfactory garment to wear for field hockey is a one-piece tunic of flannel or serge, in any color desired, the length of which is from three to five inches above the knee. A pair of sateen bloomerettes, or short woolen tights, is worn under the tunic.

"The English style tunic is made with a square yoke, three box-pleats front and back and no sleeves; a loose, narrow belt is tied around the waist. The pleats are stitched underneath down to the hips, leaving enough freedom for play.

"Another very satisfactory tunic is made with a V-neck; no yoke, and one box-pleat over each shoulder, front and back, continuing down to the bottom of the garment. It is sleeveless and held in at the waist by a narrow tie belt.

"A white blouse, made of either cotton or flannel, with a flat lie down collar, having either long or short sleeves is worn under the tunic.

"Extra long stockings are worn with the uniform. These are light in weight, generally black in color and six inches longer than ordinary hose.

"Before and after the game, the players wear lightweight flannel blazer coats. These are made in the colors of their team or school. The body of the coat is one color with a piping of a contrasting color."

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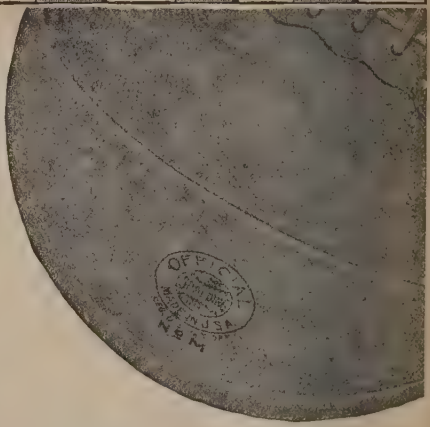

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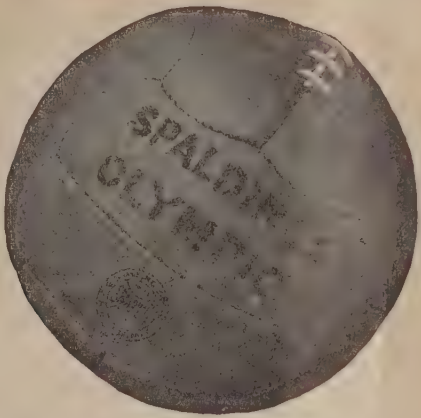

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RULES OF THE GAME OF FIELD HOCKEY

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1. **Teams:** The game of hockey shall be played by two teams of eleven players; that is, five forwards, three half-backs, two backs, and a goalkeeper; but this formation shall not be compulsory.

2. **Time of halves:** The duration of the game shall be 70 minutes (unless otherwise agreed by the respective captains), half-time being called after 35 minutes' play, when the teams shall change ends.

Note 1: The rules of the game do not authorize games divided into quarters.

Note 2: It is recommended that in tournaments where teams play on successive days, time of halves shall be 30 minutes.

Note 3: For schools or junior teams the length of halves may be shortened to 30, 25, or 20 minutes, if the captains of both teams agree to this change before the start of the game, and record same on the score card.

Note 4: If a penalty bully has been awarded and the whistle blows for half-time or

time before it is taken, extra time shall be allowed until the penalty bully has been completed.

Note 5: Time out shall not be given except as provided for under Rule 20—Accidents.

3. **Captains:** The captains shall:

(1) Toss for choice of ends;

(2) Indicate the goalkeepers for their respective teams before starting play, and after any change of goalkeeper.

4. **Officials:**

UMPIRES: If possible there shall be two umpires. Each umpire shall take half the ground for the whole game without changing ends. She shall also give decisions on the roll-in the entire length of the field on her side, and shall call fouls in the same territory when in her opinion they have not been visible to the other umpire.

If there be only one umpire there should be two linesmen to give decisions as to the ball passing over the side lines, and as to where and by which team the ball shall be rolled in.

Enforcing Rules:

The umpire shall refrain from putting the provision of any rule into effect in cases where she is satisfied that by enforcing it she would be giving an advantage to the offending team.

SCORERS: There shall be two official scorekeepers.

TIMEKEEPERS: There shall be two official timekeepers.

The final whistle of the timekeepers shall indicate the end of time to the umpires, but the game shall be terminated only by the whistle of the umpire in whose half the ball is. The timekeepers should keep on a line with the ball during the last half minute of the game.

OFFICIALS are debarred from coaching during the game or at half-time.

5. Ground: The field shall be rectangular 90-100 yards long by 50-60 yards wide.

Note: In schools for younger girls the minimum size may be 85 yards by 45 yards.

Boundary Lines: The field shall be marked with white lines; the longer lines shall be called the *Side Lines;* the shorter lines, the *Goal Lines.* The field shall be divided into four equal parts

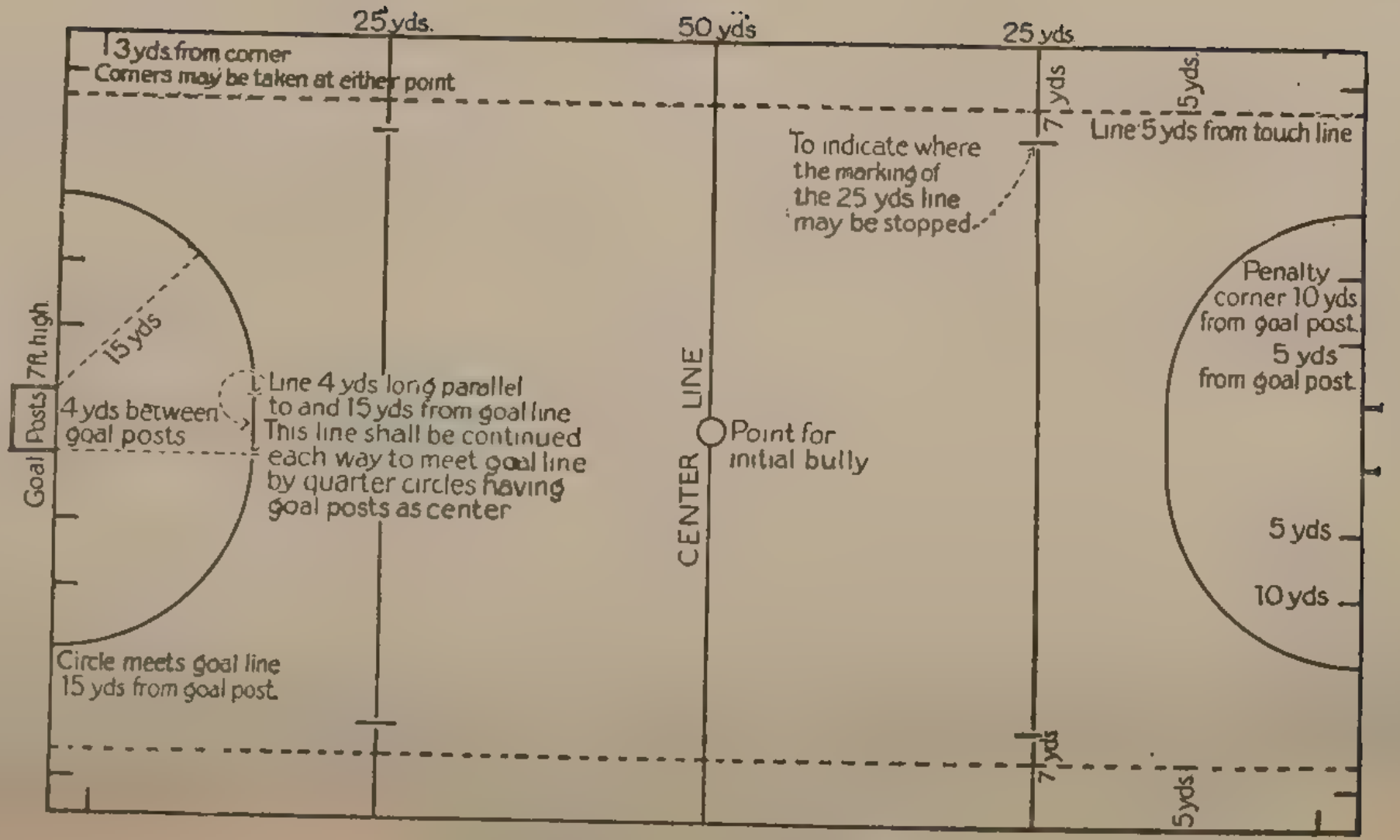
25 yds.
50 yds
25 yds
3 yds from corner
Corners may be taken at either point
7 yds
5 yds.
Line 5 yds from touch line
To indicate where the marking of the 25 yds line may be stopped
Penalty corner 10 yds from goal post
5 yds from goal post
7 ft high
15 yds
Goal Posts
4 yds between goal posts
Line 4 yds long parallel to and 15 yds from goal line This line shall be continued each way to meet goal line by quarter circles having goal posts as center
CENTER LINE
Point for initial bully
5 yds
10 yds
Circle meets goal line 15 yds from goal post.
7 yds
5 yds

DIAGRAM OF HOCKEY FIELD

by lines parallel to the goal lines; the middle line shall be called the *Center Line;* the other two lines, the *Twenty-five-Yard Lines.*

Note 1: The 25-yard lines should not be marked more than 7 yards from the side lines, for experienced players.

Note 2: Where fields are reduced in size the 25-yard lines shall be 25 yards from the goal lines; the 5-yard lines, 5 yards from the side lines, and the circles regulation size.

Striking Circles: In front of each goal, parallel to the goal line and 15 yards from it, shall be drawn a line 4 yards in length; this line shall be continued from each end, by quarter circles having the goal posts as centers, to meet the goal line. The space enclosed by these lines, including the lines themselves, shall be called the *Striking Circle.*

Five-Yard Lines: Five yards inside each side line and parallel to it shall be drawn lines from one end of the field to the other; these lines shall be called the *Five-Yard Lines.*

6. **The Goals:** A goal shall be in the center of each goal line, and shall consist of two posts

4 yards apart (inside measurement), joined together by a horizontal cross-bar, 7 feet from the ground. The goal posts shall not extend upward beyond the cross-bar, nor the cross-bar sideways beyond the goal posts. The posts shall be two inches broad and not more than three inches in depth, and the cross-bars shall have rectangular edges. Four to six feet back of the goal, other posts and a cross-bar shall be erected and joined to the goal, nets being fastened to the goal posts, cross-bar, and ground, so as to enclose the whole space. The goal posts and cross-bar shall be painted white. All other construction shall be as inconspicuous as possible.

7. Ball: The ball shall be a leather cricket ball painted white or made of white leather.

Umpires shall forbid the use of any other ball.

8. Sticks: A stick shall have a flat face on its left-hand side only. The head of a stick (that is, the part below the top of the splice) shall not be edged with, or have inserts or fittings of hard wood or any other substance, nor shall

there be any sharp edges or dangerous splinters. Each stick must be of such a size that it can be passed through a 2-inch ring. An india rubber ring, 4 inches in external diameter when on the stick, may be used, but, everything included, the total weight must not exceed 28 ounces. The extremity of the stick must not be cut square or pointed, but must have rounded edges.

Umpires shall prohibit play with any stick which does not comply with this rule.

Note: No Left-hand sticks may be used.

9. **Dress:** Each team shall have a costume of a distinguishing color. If skirts are worn they shall be at least 12 inches off the ground. Shoes with metal spikes or projecting nails shall not be worn.

10. **"Bully":** The game shall be started by one player of each team together bullying the ball in the center of the ground (and after each goal and half-time). To bully the ball both players *shall stand squarely facing the side lines* and each shall strike first the ground on her

own side of the ball and then her opponent's stick three times alternately; after which one of these two players must strike the ball before it is in general play. Every other player shall be nearer to her own goal line than the ball is (except in the case of a penalty bully) and shall not stand within three yards of the players participating in the bully, and must remain in this position until the bully is completed. No bully (except a penalty bully) shall be taken nearer than five yards from the goal line.

For any breach of this rule the bully shall be taken again.

11. Goal: A goal is scored when the whole ball has passed entirely over the goal line under the bar, the ball, while within the striking circle having been hit by or glanced off the stick of an attacker. Should the goal posts or the bar become displaced, and the ball pass at a point which, in the opinion of the umpire, is between where the posts or below where the bar should have been she shall give a goal.

Each goal counts 1 point.

Note: See page 21 regarding tie scores.

12. **Free Hit:** On the occasion of a free hit, no other player than the striker shall be within 5 yards of the spot where such hit is made, and after taking such hit the striker shall not participate in the game until the ball has been touched or hit by another player. She shall give the ball any legal stroke except the scoop. The ball must be motionless at the time of hitting. If the striker hit at but miss the ball, the stroke shall be taken again by her provided that she has not made "sticks."

If the ball is not motionless at the time of hitting or if any player other than the striker be within five yards of the ball at the time of the free-hit, the umpire shall order the free-hit to be taken again, unless she considers that a player is standing within five yards to delay the free-hit, in which case she shall not stop the game.

If the striker, after taking such hit, participates in the game again before the ball has been touched or hit by another player, or if the ball is "scooped up":

(a) *Inside the Circles:*

The umpire shall give a "penalty cor ner." (See Rule 14.)

(b) *Outside the Circles:*

The umpire shall give a free hit to one of the opposite team to the offender.

13. Roll-in: When the ball passes wholly over the side line, it shall be rolled in along the ground into play, by hand, from the point where it crossed the side line in any direction by one of the team opposite to that of the player who last touched it. *The ball must not be bounced and must touch the ground inside the field of play within one yard of the point where it crossed the side line.* The roller-in must have both feet and stick behind the side line, and may only play the ball again after another player. Players may cross the 5-yard line immediately the ball leaves the hand of the roller-in. The ball may be rolled in at once, but no player shall stand (herself or her stick) within the 5-yard line or outside the side line; should the umpire

consider that a player is standing within the 5-yard line to delay the roll-in she shall not stop the game. If in an attempted roll-in the ball does not enter the field of play, the roll-in shall be taken again.

(a) Breach of the rule by the player who rolls in:

The roll-in shall be taken by a player of the other team.

(b) Breach of the rule by any other player:

The roll-in shall be taken again except as specially provided for in this rule.

14 (a). Corner: A player of the attacking team shall have a hit from a point on the side or goal line within 3 yards of the nearest corner. At the moment of such hit the rest of the attacking team (their sticks and feet) must be outside the circle in the field of play, and all the defending team (their sticks and feet) must be behind their own goal line. No player shall stand within 5 yards of the striker when a corner hit

is taken, and *no player may shoot at goal* unless the ball has been stopped, not necessarily motionless, on the ground by one of the attacking team, or has touched the person or stick of one of the defending team, before the last stroke of the attacking team. A player hitting a corner hit cannot participate in the game again until the ball has been played by another player. On taking a corner hit, if the striker miss the ball she shall take the hit again, provided she has not made "sticks."

If the striker after taking such hit participates in the game again before the ball has been touched or hit by another player, the umpire shall give a free hit to one of the defending team. For shooting at goal before the ball has been stopped, not necessarily motionless, on the ground, a free hit for one of the defending side.

(b) Penalty Corner: The ruling shall be the same as for a corner except that the ball shall be hit from a point on the goal line not less

than 10 yards from the nearer goal post on either side of the field. (See Note on Rule 14, Page 22.)

15. Penalty Bully: A penalty bully shall be played by the offender, and any player selected by the other team on the spot where the breach occurred. All other players shall be beyond the nearer 25-yard line in the field of play, and shall not cross such 25-yard line or take any further part in the game until the penalty bully is completed. If during the progress of a penalty bully the ball goes over any part of the goal line other than that between the goal posts off the stick or person of the offender, the penalty bully shall be taken again; if the ball goes over the goal line between the goal posts off the stick of the attacker or off the stick or person of the offender, a goal shall be awarded to the attacking team. In all other cases as soon as the ball has passed wholly over the goal line (not between the goal posts), or outside the striking circle, the game shall be restarted by a bully on the center of the nearer 25-yard line. (See Rule 2, Note 2.)

(a) Breach of any rule by the offender (except Rule 10):

The attacking team shall be awarded a penalty goal, which shall be of the same value as an ordinary goal.

(b) Breach of any rule by the player selected by the attacking team (except Rule 10):

The bully shall be considered over and the game restarted by a bully on the center of the nearer 25-yard line.

(c) Simultaneous breach of any rule by both players: The bully shall be taken again.

(d) Interference by any other player: The bully shall be taken again.

16. Out of Bounds:

(a) When the ball passes wholly over the side line it shall be rolled in (see Rule 13) by one of the team opposite to that of the player who last touched it.

(b) When, in the opinion of the umpire, the ball passes wholly over the side line off the sticks of two opponents, a bully shall be taken inside the side line opposite the point where the ball crossed the side line.

(c) When, in the opinion of the umpire, the ball passes wholly over the goal line, not between the goal posts, off the sticks of two opponents, a bully shall be taken on the 25-yard line opposite the point where the ball crossed the goal line.

(d) If the ball is sent over the goal line, not between the posts, by a player of the attacking team, or is unintentionally, in the umpire's opinion, sent over the goal line by one of the defending team who is *beyond the 25-yard line, it shall be bullied on the 25-yard line at a spot opposite the place where it crossed the goal line.*

(e) If the ball glances off, or is, in the umpire's opinion, unintentionally sent over the goal line, not between the goal posts, by any player of the defending team behind the 25-yard

line, she (the umpire) shall give a corner to the attacking team. (See Rule 14.)

(f) If, however, the ball is intentionally, in the umpire's opinion, sent over the goal line, not between the goal posts, by any player of the defending team, the umpire shall give a penalty corner to the attacking team. (See Rule 14.)

17. Ball touching an umpire: A ball touching an umpire or post is in play unless it goes off the ground.

18. Fouls:

OFF-SIDE: *A player is off-side if she is nearer her opponents' goal line than the ball at the moment when the ball is hit or rolled in by one of her own side, unless she is in her own half of the field, or unless there are three of her opponents nearer their own goal line than she is. She should not be penalized unless she is interfering with or obstructing another player, or gaining any advantage from standing in an off-side position.*

A Player:

a. Shall not when striking at the ball raise any part of her stick above her shoulders, either at the beginning or end of the stroke.

b. Shall not undercut the ball, or hit the ball in any other dangerous manner.

Note: This rule is not intended to penalize the "scoop" stroke which raises the ball, nor the hitting of the ball when in the air, except as provided for in Rule 18, Section (a).

c. Shall not pick up, push or throw the ball with her hands.

d. Shall not use her hands on the ball except to stop it. The ball may be caught, but must be immediately released to fall perpendicularly.

e. Shall not use her feet or any part of her person except for stopping the ball. The ball may not be moved in any direction except with the stick. The foot, if used for stopping the ball, shall be taken away immediately.

f. Shall not hit or stop the ball with the rounded side of the stick.

g. Shall not hit or pass the ball between her feet.

h. Shall not strike, hook, lift, hold, or interfere in any way with her opponent's stick.

i. Shall not trip, shove, push, charge, shin, strike at, or in any way personally handle her opponent.

j. Shall not touch her opponent or her opponent's stick, when coming in or tackling from the left, unless she touches the ball before touching her opponent's person or stick.

k. Shall not obstruct her opponent by running in between her opponent and the ball, or by using her feet or any other part of her body to prevent her opponent playing the ball. This shall not limit the legitimate use of the stick in playing the ball.

l. Shall not interpose herself in any way as an obstruction.

m. Shall not interfere with the game unless she has her stick in hand.

PENALTIES:

(1) *Outside the Circles:*

For any breach the penalty shall be a free hit for one of the opposing team on the spot where the breach occurred.

(2) *Inside the Circles:*

(a) For any breach by the attacking team the penalty shall be a free hit for the defending team from any point inside the circle.

(b) For any breach by the defending team the penalty shall be a "penalty corner" or a "penalty bully" on the spot where the breach occurred. A penalty bully should only be given for a wilful breach of a rule or when a goal would most probably have been scored but for the occurrence of the breach of the rule.

Note: The goalkeeper shall not be penalized if in stopping a hit at goal the ball does not fall perpendicularly to the ground, having in the umpire's opinion merely rebounded off her open hand. She shall also be allowed to kick the ball, but only in her own striking circle. In the event of her taking part in a penalty bully, these two privileges shall not be allowed her.

Note 2: In the event of a double foul, the umpire shall give a bully at the spot where the breach of the rule occurred.

19. Rough Play and Misconduct: For rough play or misconduct the umpire shall have a discretionary power to warn the offending player, or to suspend her from further participation in the game.

20. Accidents: When a player is temporarily incapacitated the umpire shall suspend the game. The game shall not be suspended for more than five minutes at any one time. When it is resumed, unless a roll-in, corner, penalty corner, penalty bully, free-hit, or 25-yard bully has been awarded, the ball shall be bullied on a spot to be chosen by the umpire in whose half of the ground the player was hurt. A player should not be considered incapacitated because of being winded.

21. Substitutes: Substitutes may be put into the game for players who for any reason have been taken out. A substitute may be put into the game only when the ball is not in play, and time-out may not be called in order to put in substitutes. A player who has been taken out of the game for any reason cannot return. A player is not to be considered out of the game if no substitute has been put in her place.

NOTES ON THE RULES

Rule 4: Every effort should be made to have two umpires for match games and have each one take half of the field. One person cannot adequately cover the whole field, even with the assistance of linesmen.

The importance of the paragraph regarding "enforcing rules" cannot be too much stressed. It is of great importance that umpires follow this rule.

Rule 7: Balls made of composition rubber are forbidden by this rule and should not be used even in practice.

Rule 8: The attention of coaches is drawn to the fact that light sticks are advisable, those from 18 to 22 ounces being sufficiently heavy. Left-handed sticks or left-handed use of ordinary sticks are absolutely forbidden in this rule. Umpires should see that this rule is adhered to as strictly as any other rule.

Rule 11: In hockey when the score is tied at the end of the game, the game should remain drawn. As goals are not very frequent, especially in a closely contested game, an "extra period" of play would in most cases not result in any further score.

There are two points that should be quite clear to the umpire regarding the scoring of goals:

1. There can be no goal scored unless the ball has been touched by the stick of an attacker, *inside* the circle.

2. If the ball has been touched by the stick of an attacker inside the circle, and goes through the goal, a goal is scored even if the last person who touched the ball was a defender, not an attacker.

Rule 13: The provision that the ball must touch the ground within one yard of the point where it crossed the side line is a new ruling. Umpires have been too lenient regarding the rule for rolling in the ball, and have sometimes allowed long throws up the alley.

Rule 14: Note that corners and penalty corners are played in exactly the same way except regarding the position of the ball when the hit is taken. In ordinary corners the ball may be on the goal line or on the side line, but not more than 3 yards from the corner; in penalty corners it is on the goal line, but not less than 10 yards from the nearest goal post. Umpires should be careful to see that all other players are at least 5 yards away from the ball, and that they do not cross the goal line or enter the circle until the ball is hit. The player taking a corner hit or penalty corner hit may stand with her feet in any position, provided the ball is placed in accordance with the rule.

Rule 15: Analysis of the penalty bully: The following things may happen during a penalty bully:

1. The attacker gets control of the ball and shoots it through the goal. A goal is scored and the game is resumed on the center line.

2. If the ball goes through the goal off the stick or person of "the offender"—that is, the person who made the foul and who is defending the goal—a penalty goal is awarded, which counts the same as a regular goal, and the game is restarted on the center line.

3. If the offender breaks any rule, except that regarding the bully, a penalty goal is awarded.

4. If the ball goes over the goal line, not between the goal posts, off the stick or person of the offender, the bully shall be taken again.

5. If there is a double foul, or if the bully is not properly taken, the bully shall be taken again.

6. If any other player interferes with the game during a penalty bully, it shall be taken again.

7. If the attacker makes any foul, or sends the ball over the goal line not between the posts, or if the offender hits the ball out of the circle into the field, the bully shall be considered over and the game shall be restarted by a bully on the center of the 25-yard line.

Note: That the goalkeeper may not kick the ball during a "penalty bully."

Rule 16: Sections (c) and (d) refer to a possible situation, but not a common one. It is generally possible to distinguish who touched the ball last, and the umpire should if possible give her decision with that consideration, so that it will seldom be necessary to use the bully specified here.

Rule 18: Umpires will sometimes find it more logical to divide "penalties" as follows:

1. For any breach by the attacking team a free hit shall be awarded to the defending team.

2. For any breach by the defending team:

   a. Outside the circles:

      A free hit shall be awarded to the attacking team.

b. Inside the circles:

A penalty corner or penalty bully shall be awarded to the attacking team.

Rule 18, Penalties: The phrase, "When a goal would most probably have been scored," is intended to indicate such possibilities as the following:

1. A forward shoots, the goalkeeper stops the ball just in front of the goal line with her foot, but instead of taking away her foot holds the ball with it, thus preventing the forward, who has followed in, from taking a second sure shot at goal.

2. The goalkeeper stops the ball from crossing the goal line by means of a stroke with the back of her stick.

3. The goalkeeper prevents a forward, who is on the spot, from shooting by kneeling over the ball.

Note: The offender may be a full-back, provided she is near enough to the goal line to make the circumstances parallel.

Rule 18 b: "A player shall not undercut the ball or hit the ball in any other dangerous manner." "Undercutting" is often very difficult to detect, but should a player continually loft the ball when hitting hard (except if the ground is very bumpy) she is dangerous whether "undercutting" or not and should be penalized.

A player who hits wildly onto the legs of an opponent should be warned and if she continues to do so should be penalized.

Rule 18 e: "A player shall not use her feet or any part of her person except for stopping the ball." This rule is at present very strictly interpreted so that if in stopping a ball with the foot it bounces forward into an advantageous position for the next stroke, it is called a "kick"; also if the ball bounces forward, or to the advantage of a player off her shin guards or any part of her body it is called "carrying on" and is a foul.

Rule 18 k: "This shall not limit the legitimate use of the stick in playing the ball" has been added because the old phrasing has sometimes been interpreted to mean that the stick should be considered as "part of the body," thus limiting its use in getting the ball away from an opponent. The stick may be used to take the ball provided the stick does not trip or block the opponent, or if the player is tackling from the left, does not touch the opponent's stick or person before the ball.

Rule 20: "A player should not be considered incapacitated because of being winded." Windedness should not be considered an accident and time-out should not be called on account of a player being winded. A substitute may be put in for a winded player, but the captain must wait until the ball is not in play, that is, until a bully, roll-in, free hit, or corner, to make the change of players.

Rule 21: The last sentence of this rule is intended to cover cases such as the following: A player is slightly injured, but it is necessary to send off the field for something such as a bandage; if the permitted time of 5 minutes is exhausted before the player can go on playing, the game must start, but if no one is put in to take the player's place she may continue when ready.

QUESTIONS AND ANSWERS

Question 1: If the ball is sent out of bounds off the sticks of players from both sides, what decision should the umpire give?

Answer: If the ball goes over either end line outside the goal posts, the decision would be a 25-yard bully. If over either side line, the same decision as in a double foul, a bully near the inside of the side line, at the spot where the ball crossed the line. The wings would take the bully, and the line-up would be the same as in a center bully.

Question 2: If a player in running down the field should carry her stick higher than her shoulder, is this "Sticks"?

Answer: No. "Sticks" is only called when a player is hitting at the ball. Should such a player, when in reach of the ball, bring her stick down from such a position to hit the ball, then the umpire can call "Sticks" on her.

Question 3: If the ball was hit from outside the circle, and glanced off the stick of a full-back into the goal cage, should the umpire give a goal to the attacking team?

Answer: No. The ball must have been touched by an attacker's stick inside the circle, in order to make a goal possible. The umpire should give a corner, following Rule 14.

Question 4: If a player is standing or running in an off-side position, can a foul be called on her?

Answer: No. A foul can be called on her only if she is obstructing some other player, or if she plays the ball, thus gaining an advantage from being off-side.

Question 5: Is there any penalty for players playing out of position?

Answer: No. The positions are merely a matter of team work and scientific play. Players should, however, learn the advantages of keeping their relative positions.

Question 6: Is the goalkeeper allowed to kneel or crouch over the ball so as to prevent her opponent getting a clear hit at it?

Answer: No. See Rule 18 e.

Question 7: What constitutes a legal roll-in?

Answer: The hand of the player rolling in the ball shall be near enough to the ground so that the ball actually rolls along the ground and can be played on the ground by the player receiving it or intercepting it, and not played off the ground. The ball must not bounce after hitting the ground, and must hit the ground within one yard of the point on the side line where it went out.

Question 8: Is it fair for a player to stop the ball by throwing her stick after it?

Answer: No. See Rule 18 m.

Question 9: May the player taking a corner hit stand with one or both feet over the goal line?

Answer: Yes. She is allowed to stand in any position she likes, provided the ball is placed on the line in a position which the rules allow; that is, not nearer than 10 yards from the nearest goal post in a penalty corner, and not more than 3 yards from the corner for an ordinary corner hit.

Question 10: If one of the players bullying the ball pulls the ball between her feet, must the bully be repeated?

Answer: No. All the conditions of a proper bully may have been complied with and the bully is over when either player hits the ball; but it is always a foul to pull the ball between the feet and a free hit should be given to the opponents.

Question 11: Must a player taking a corner hit or a roll-in wait for a whistle from the umpire?

Answer: No. The whistle which stopped play is the only one necessary and the player may take the hit or roll-in as soon as she pleases; then, if the legal conditions for a corner or roll-in were not complied with, the umpire must whistle and call the ball back, so that the corner or roll-in be legal.

Question 12: If an off-side player stops the ball when it has been hit out toward her by the goalkeeper, should a foul be called on her?

Answer: Yes. The rule reads so that nothing can put a player on-side except having the ball hit by

one of her own side, nearer the opponents' goal line than she is; so, naturally, if she is still off-side, she gains an advantage from playing the ball in that position.

Question 13: The right wing passes the ball to the right inside; in trying to intercept the pass the full-back misses the ball, but makes "Sticks." Should the umpire call a foul on the full-back?

Answer: No. It would be much better for the attacking team if the game is allowed to go on, rather than being stopped in order to give them a free hit. See Rule 4 which says: "The umpire shall refrain from putting the provision of any rule into effect in cases where she is satisfied that by enforcing it she would be giving an advantage to the offending team."

Question 14: Is a goalkeeper allowed to lie down along the goal line so as to prevent her opponent getting the ball into the goal?

Answer: No. For this is covered by Rule 18, for a player shall not interpose herself in any way as an obstruction.

Question 15: Can a player start up the field during the bully?

Answer: No. Players must stay on their own side of the field until the ball has been hit.

Question 16: May a player bullying the ball draw back her left foot as soon as the bully is started?

Answer: No. "Standing squarely" throughout the bully covers this.

Question 17: What is undercutting?

Answer: (These interpretations were sent by Miss Baumann, Secretary of the English Hockey Association.) **"Undercutting" is hitting at the ball with the blade of the stick laid back, thus causing the ball to rise. HITTING explains the difference from PUSHING or LIFTING, as in the scoop stroke.**

Undercutting is a stroke that makes the ball shoot up into the air and is caused by the player laying the blade of the stick back and drawing it across and under the ball, the stick at the moment of impact with the ball being approximately at an angle of 135 degrees with the ground instead of 90 degrees, as in the case of a drive. As a rule, in the case of an undercut the ball is hit when it is really beyond the player's control, and almost out of reach.

Question 18: How can a player commit the foul of off-side even though she does not play the ball?

Answer: She may stand in such a position as to obstruct the goalkeeper's view of the ball, or she may gain an advantage by drawing her opponent out of the game, so that she cannot help in guarding some other player.

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†Question 12. ‡Note.

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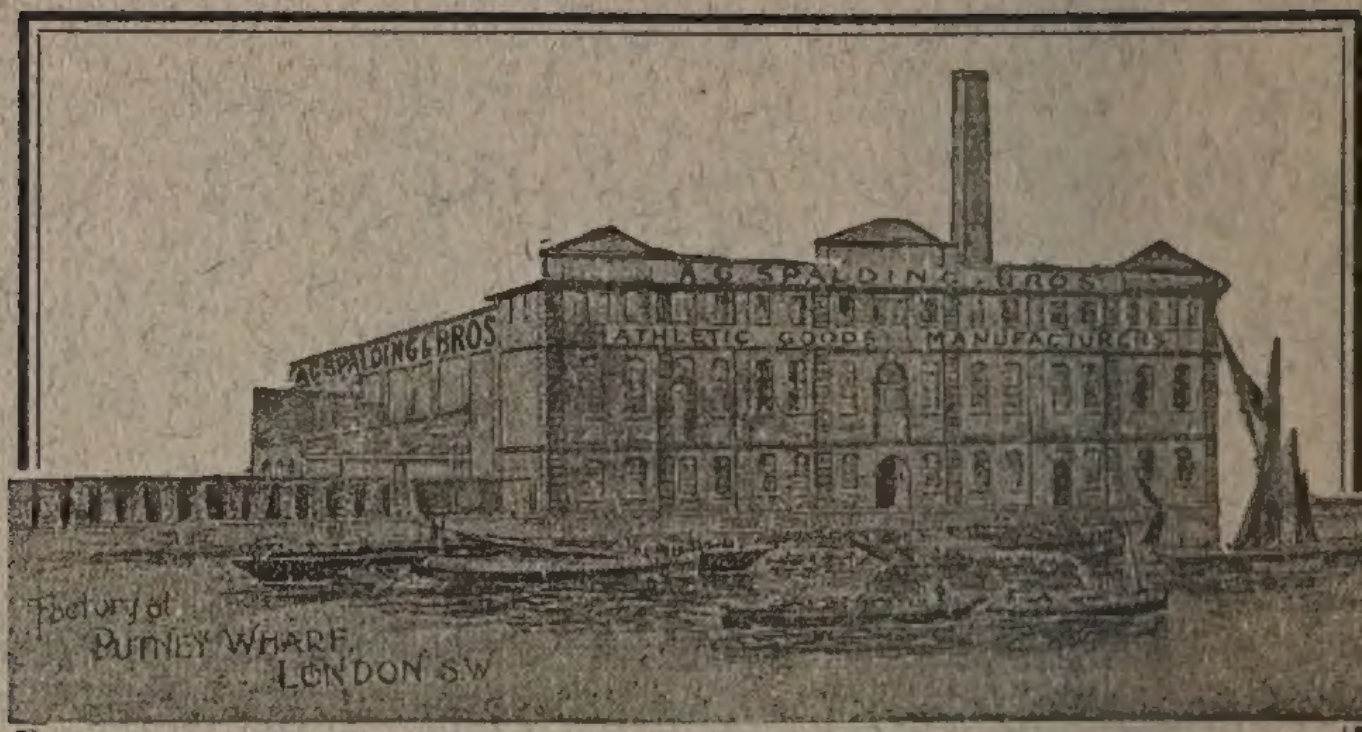

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